

Almond Crusted Fish

Serving Information

Makes approximately eight
4-oz. servings (93 g each)

Ingredients

2 lbs. mild white fish fillets (orange roughy,
sole, perch, etc.) cut into eight 4 oz.
pieces
1/3 c. sliced almonds
1½ Tbsp. reduced-fat margarine, melted
1 Tbsp. lemon or lime juice
1 Tbsp. grated lemon or lime rind (optional) 1
tsp. Worcestershire sauce
1 tsp. paprika
¼ tsp. pepper
Cooking spray

Equipment

11" x 15" baking pan
Small mixing bowl
Mixing spoon
Grater
Measuring cups and spoons
Spatula for serving

Directions

1. Preheat oven to 400°F. Coat an 11" x 15" baking pan with cooking spray.
2. Pat fish dry with paper towels. Arrange in a single layer in baking pan.
3. In a small bowl, mix almonds, margarine, lemon juice, lemon rind, Worcester- shire sauce, paprika and pepper.
4. Top fillets with above mixture, spreading evenly.
5. Bake 12-15 minutes or until fish flakes easily.

Source: Dining with Diabetes WVUES, 2000-present

Nutrition Facts

Serving Size (93g)

Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 95mg **4%**

Total Carbohydrate 1g **0%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 21g

Vitamin A 4%

• Vitamin C 2%

Calcium 15%

• Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

