

**CHIP CRUSTED FISH FILLETS**

4 portions

INGREDIENTS

- 24 oz · cod fillets [or other firm white fish]
- 1 tbsp light mayo
- 1 [2-ounce] package salt and vinegar kettle-style potato chips, crushed
- 1/8 tsp of salt, table [1 g]

COOKING METHOD

¹ Descriptions: Equipment: Parchment, Baking Sheet Instructions: 1. Preheat oven to 400° 2. Arrange fillets on a parchment-lined baking sheet. Brush 1/2 teaspoon mayonnaise over top of each fillet; sprinkle evenly with salt. Gently press about 2 tablespoons crushed chips evenly on top of each fillet. Cook fish at 400° for 10 minutes or until fish flakes easily when tested with a fork.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (188 g)	% DRI
ENERGY	121 kcal	228 kcal	11 %
FAT	4 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
CHOLESTEROL	40 mg	74 mg	25 %
SODIUM	100 mg	188 mg	8 %
CARBOHYDRATE	4 g	8 g	3 %
SUGARS	0 g	0 g	—
FIBER	0 g	0 g	0 %
PROTEIN	17 g	31 g	—