



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Old Bay Filet-O-Fish ••

The Old Bay Filet-O-Fish is a delicious seafood sandwich made with a crispy fish fillet seasoned with Old Bay seasoning. It is served on a bun with tartar sauce, lettuce, and tomato. This recipe is a twist on the classic McDonald's Filet-O-Fish sandwich, adding a touch of Maryland flavor with the iconic Old Bay seasoning.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>400 g</b>	Fish Fillets
<b>2 tsp</b>	old bay seasoning
<b>4 pieces</b>	buns
<b>4 tbsp</b>	tartar sauce

100 g lettuce

100 g Tomato

## Directions

### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Seasoning

Season the fish fillets with Old Bay seasoning.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

#### Baking

Bake the fish fillets in the preheated oven for 10 minutes or until crispy and cooked through.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

---

## Step 4

Toasting

Toast the buns.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

---

## Step 5

Spread tartar sauce on the bottom half of each bun.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 6

Place a cooked fish fillet on top of the tartar sauce.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 7

Top with lettuce and tomato slices.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 8

Cover with the top half of the bun.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 9

Serving

Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 300 kcal

**Fat:** 5 g

**Protein:** 20 g

**Carbohydrates:** 40 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	40 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Spring

Summer

Fall

## Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

## Meal Type

Lunch

Snack

## Difficulty Level

Medium

Visit our website: [healthdor.com](https://healthdor.com)