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## Charbroiled Fish Sandwich ♦

The Charbroiled Fish Sandwich is a delicious and healthy option for seafood lovers. The fish is marinated in a flavorful blend of spices and then grilled to perfection. Served on a toasted bun with fresh lettuce, tomato, and tartar sauce, this sandwich is a crowd-pleaser. Whether you're hosting a summer barbecue or looking for a quick and easy dinner option, this recipe is sure to impress.

**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

500 g	Fish Fillets
100 g	lettuce
100 g	Tomato
200 g	bun

<b>100 g</b>	tartar sauce
<b>5 g</b>	Salt
<b>5 g</b>	Pepper
<b>5 g</b>	Paprika
<b>5 g</b>	Garlic powder
<b>5 g</b>	Onion powder

## Directions

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### Step 1

Grilling

Preheat the grill to medium-high heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

In a small bowl, combine salt, pepper, paprika, garlic powder, and onion powder to make the seasoning mixture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Season the fish fillets with the seasoning mixture on both sides.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Grilling

Place the fish fillets on the preheated grill and cook for 4-5 minutes per side, or until the fish is cooked through and flakes easily with a fork.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 5

Resting

Remove the fish from the grill and let it rest for a few minutes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Grilling

Toast the buns on the grill for a few minutes until lightly golden.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 7

Spread tartar sauce on the bottom half of each bun.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

Place a fish fillet on top of the tartar sauce.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 9

Top with lettuce and tomato slices.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 10

Cover with the top half of the bun.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 11

Serving

Serve the charbroiled fish sandwiches immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 5 g

**Protein:** 20 g

**Carbohydrates:** 20 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	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	3 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	50 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	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	8 mg	0.24%	0.31%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Events

Barbecue

Picnic

### Cuisines

Middle Eastern

### Kitchen Tools

Slow Cooker

### Course

Appetizers

Main Dishes

Side Dishes

Salads

Sauces & Dressings

## Cultural

Chinese New Year

## Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

## Diet

Mediterranean Diet

Flexitarian Diet

Vegetarian Diet

## Cooking Method

Baking

## Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

## Meal Type

Lunch

Dinner

Snack

Supper

## Difficulty Level

Medium

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