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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

100 g	tartar sauce
5 g	Salt
5 g	Pepper
5 g	Paprika
5 g	Garlic powder
5 g	Onion powder

Directions

Step 1



Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

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

Step 3

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

Prep Time: 2 mins

Cook Time: 0 mins

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

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

Step 6



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

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Spread tartar sauce on the bottom half of each bun.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Place a fish fillet on top of the tartar sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Top with lettuce and tomato slices.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Cover with the top half of the bun.

Prep Time: 0 mins

Cook Time: 0 mins

Step 11



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

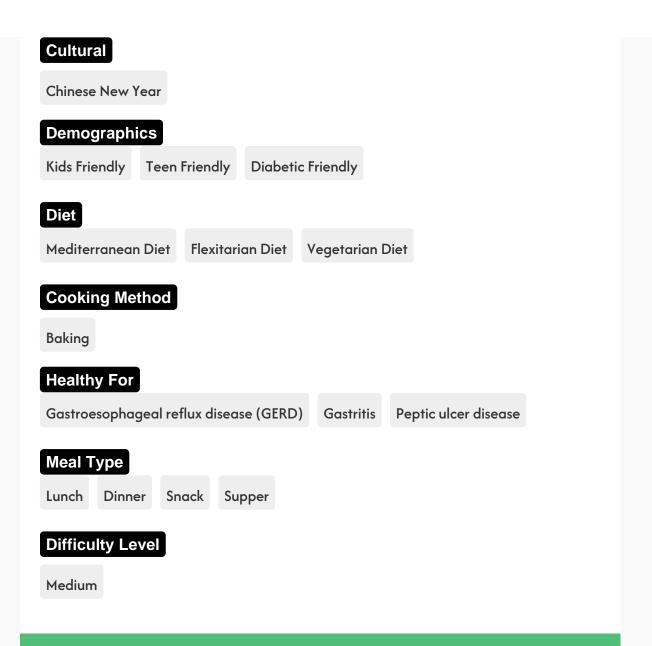
Appetizers

Main Dishes

Side Dishes

Salads

Sauces & Dressings



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