



Baked Bass with Romano Cheese

 Very Healthy

READY IN



22 min.

SERVINGS



4

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 0.5 cup parsley leaves fresh chopped
- ☐ 1 tablespoon garlic powder
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup romano grated
- ☐ 32 ounce trout

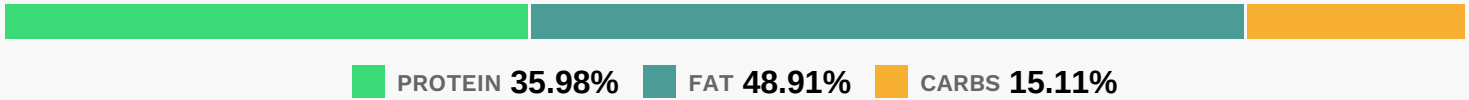
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Combine the bread crumbs, garlic powder, cheese, and parsley in a medium non-reactive bowl. Rub each fillet with lemon juice, and then dredge each fillet in the crumb mixture to evenly coat.
- ☐ Place fillets on a baking pan lined with waxed or parchment paper.
- ☐ Drizzle olive oil over the fillets.
- ☐ Bake in the oven for 10 to 15 minutes or until fish fillets are cooked through.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.26, Inflammation Score:-7, Nutrition Score:42.367826067883%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 623.82kcal (31.19%), Fat: 33.41g (51.4%), Saturated Fat: 6.96g (43.48%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 21.52g (7.82%), Sugar: 2.39g (2.66%), Cholesterol: 144.54mg (48.18%), Sodium: 471.45mg (20.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.31g (110.62%), Vitamin B12: 17.9µg (298.37%), Vitamin K: 133.42µg (127.07%), Manganese: 2.21mg (110.73%), Vitamin B1: 1.08mg (71.97%), Phosphorus: 709.46mg (70.95%), Vitamin B3: 12.14mg (60.7%), Vitamin D: 8.91µg (59.38%), Vitamin B2: 0.92mg (53.92%), Selenium: 37.7µg (53.86%), Vitamin B5: 4.67mg (46.73%), Iron: 5.47mg (30.4%), Calcium: 293.22mg (29.32%), Potassium: 968.89mg

(27.68%), Vitamin B6: 0.55mg (27.3%), Copper: 0.52mg (26.2%), Vitamin C: 19mg (23.03%), Folate: 75.66µg (18.91%), Magnesium: 73.14mg (18.29%), Vitamin E: 2.55mg (16.99%), Vitamin A: 814.17IU (16.28%), Zinc: 2.36mg (15.74%), Fiber: 1.7g (6.81%)