

Baked Fish Creole

READY IN



50 min.

SERVINGS



6

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 2 stalks celery chopped
- 0.5 cup chili sauce
- 1 pound filets
- 0.3 cup flour all-purpose
- 1 clove garlic minced
- 1 bell pepper green chopped
- 0.3 teaspoon ground pepper black
- 2 cups milk

- 1 onion chopped
- 0.5 teaspoon pepper sauce hot
- 1 teaspoon salt
- 2 tomatoes sliced
- 3 cups water
- 1.5 cups rice white uncooked

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- dutch oven

Directions

- Preheat oven to 400 degrees F (205 degrees C). Lightly butter a 9x13 inch baking dish. In a saucepan bring water to a boil.
- Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- In a Dutch oven, melt the butter over medium heat.
- Add the onions and garlic. Cook until tender about 4 minutes.
- Add the celery and pepper. Cook for 3 minutes. Do not brown add the flour and stir well. Cook for 3 minutes.
- Stir in the milk and bring just to a boil. Season with salt, pepper and hot sauce. Stir in the chili sauce. Taste and adjust seasoning.
- Place rice into the bottom of the prepared pan. Arrange the fish fillets over the rice in a single layer.
- Place the sliced tomatoes over the fish and pour the sauce over the top.
- Bake at 400 degrees F (205 degrees C) for 20 minutes or until fish is just cooked and flakes easily with a fork.

Nutrition Facts

PROTEIN 21.24% FAT 25.28% CARBS 53.48%

Properties

Glycemic Index:65.53, Glycemic Load:27.55, Inflammation Score:-7, Nutrition Score:17.691304248312%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 408.85kcal (20.44%), Fat: 11.37g (17.49%), Saturated Fat: 6.61g (41.33%), Carbohydrates: 54.11g (18.04%), Net Carbohydrates: 51.43g (18.7%), Sugar: 9.53g (10.59%), Cholesterol: 62.6mg (20.87%), Sodium: 856.27mg (37.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.48g (42.97%), Selenium: 35.88µg (51.26%), Vitamin C: 28.13mg (34.1%), Manganese: 0.68mg (34.09%), Phosphorus: 331.78mg (33.18%), Vitamin B6: 0.47mg (23.29%), Potassium: 776.41mg (22.18%), Vitamin A: 1029.25IU (20.59%), Vitamin B12: 1.14µg (19.05%), Vitamin B3: 3.47mg (17.34%), Vitamin B1: 0.24mg (15.74%), Calcium: 153.41mg (15.34%), Magnesium: 60.85mg (15.21%), Vitamin B2: 0.26mg (15.05%), Copper: 0.23mg (11.59%), Fiber: 2.67g (10.7%), Vitamin K: 11.07µg (10.54%), Vitamin D: 1.58µg (10.5%), Vitamin E: 1.57mg (10.47%), Vitamin B5: 1.04mg (10.37%), Zinc: 1.42mg (9.49%), Folate: 37.32µg (9.33%), Iron: 1.35mg (7.49%)