



Baked Fish Fillets



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound fish fillet
- ☐ 3 tablespoons butter melted
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon paprika

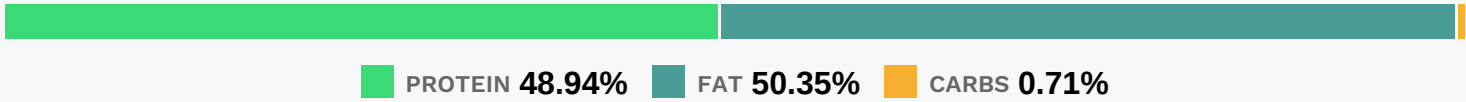
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Grease bottom of rectangular pan, 11x7x1 1/2 inches.
- ☐ Cut fish fillets into 4 serving pieces if needed.
- ☐ Place pieces, skin sides down, in the pan, folding thin ends under if necessary for even thickness.
- ☐ Mix remaining ingredients; drizzle over fish.
- ☐ Bake uncovered 15 to 20 minutes or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:10.48739120105%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 185.32kcal (9.27%), Fat: 10.47g (16.11%), Saturated Fat: 6.06g (37.9%), Carbohydrates: 0.33g (0.11%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.11g (0.13%), Cholesterol: 79.27mg (26.42%), Sodium: 271.95mg (11.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.89g (45.78%), Selenium: 47.52µg (67.88%), Vitamin B12: 1.81µg (30.16%), Vitamin D: 3.52µg (23.44%), Vitamin B3: 4.45mg (22.23%), Phosphorus: 195.99mg (19.6%), Potassium: 351.72mg (10.05%), Vitamin B6: 0.19mg (9.42%), Magnesium: 31.28mg (7.82%), Folate: 28.34µg (7.09%), Vitamin A: 324.19IU (6.48%), Vitamin B5: 0.57mg (5.72%), Vitamin E: 0.74mg (4.93%), Vitamin B2: 0.08mg (4.54%), Copper: 0.09mg (4.33%), Iron: 0.67mg (3.71%), Vitamin B1: 0.05mg (3.22%), Zinc: 0.39mg (2.61%), Vitamin K: 2.42µg (2.31%), Manganese: 0.04mg (2.24%), Vitamin C: 1.45mg (1.76%), Calcium: 14.46mg (1.45%)