



Baked Fish with Confetti Stuffing

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli frozen
- 3 tablespoons butter
- 6 oz chicken betty crocker®
- 1.3 cups chicken broth progresso® (from 32-oz carton)
- 1 lb fish fillet
- 1 tablespoon parsley fresh chopped
- 0.5 teaspoon lawry's seasoned salt

Equipment

- sauce pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray.
- In 3-quart saucepan, heat broth and 2 tablespoons of the butter to boiling over high heat. Stir in frozen vegetables; cook 2 minutes.
- Stir in stuffing mix until evenly moistened. Spoon into baking dish. Arrange fish fillets on stuffing mixture. Melt remaining 1 tablespoon butter; stir in parsley and seasoned salt.
- Brush butter mixture over fish.
- Cover with foil; bake about 35 minutes or until fish flakes easily with fork.

Nutrition Facts

PROTEIN 45.22% **FAT 49.36%** **CARBS 5.42%**

Properties

Glycemic Index:16, Glycemic Load:0.58, Inflammation Score:-7, Nutrition Score:19.263478486434%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 247.97kcal (12.4%), Fat: 13.78g (21.2%), Saturated Fat: 3.36g (20.99%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.23g (0.81%), Sugar: 1.07g (1.19%), Cholesterol: 73.48mg (24.49%), Sodium: 750.49mg (32.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.4g (56.8%), Selenium: 51.74µg (73.91%), Vitamin K: 63.17µg (60.17%), Vitamin C: 40.93mg (49.61%), Vitamin B3: 6.27mg (31.36%), Vitamin B12: 1.88µg (31.34%), Phosphorus: 257.75mg (25.78%), Vitamin D: 3.56µg (23.71%), Vitamin B6: 0.33mg (16.7%), Potassium: 543.31mg (15.52%), Vitamin A: 763.99IU (15.28%), Folate: 57.79µg (14.45%), Vitamin B2: 0.2mg (11.51%), Magnesium: 45.5mg (11.37%),

Vitamin B5: 1.01mg (10.1%), Manganese: 0.17mg (8.72%), Vitamin E: 1.22mg (8.14%), Vitamin B1: 0.11mg (7.15%), Iron: 1.26mg (6.98%), Copper: 0.13mg (6.46%), Zinc: 0.88mg (5.9%), Fiber: 1.18g (4.71%), Calcium: 41.91mg (4.19%)