



Baked Fish with Italian Rice

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



377 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons water
- 0.5 cup onion chopped
- 3 cups rice white cooked
- 14.5 ounces canned tomatoes italian-style undrained canned
- 1 teaspoon seasoning italian crumbled
- 6 fish fillet or any fish fillets, 1/ (1 pound)
- 1.5 teaspoons soybean oil
- 0.5 teaspoon paprika

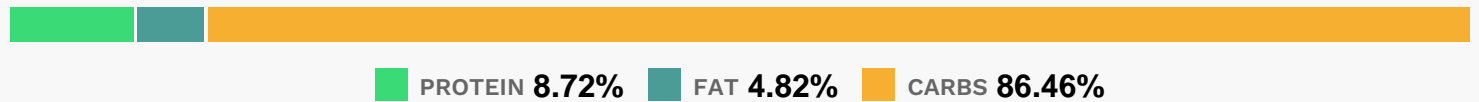
Equipment

- sauce pan
- oven
- baking pan

Directions

- Heat oven to 400°.
- Heat water to boiling in 2 1/2-quart saucepan over medium-high heat. Cook onion in water, stirring occasionally, until crisp-tender. Stir in rice, tomatoes and Italian seasoning; cook until thoroughly heated.
- Spoon rice mixture into ungreased rectangular baking dish, 13x9x2 inches.
- Place fish fillets on rice mixture.
- Brush fish with oil.
- Sprinkle with paprika.
- Cover and bake 20 to 25 minutes or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:24.36, Glycemic Load:46.2, Inflammation Score:-4, Nutrition Score:10.917826142648%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 377.14kcal (18.86%), Fat: 1.99g (3.07%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 80.51g (26.84%), Net Carbohydrates: 77.58g (28.21%), Sugar: 3.72g (4.14%), Cholesterol: 0.5mg (0.17%), Sodium: 96.56mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.24%), Manganese: 1.17mg (58.43%), Selenium: 14.89µg (21.27%), Copper: 0.34mg (16.95%), Vitamin B6: 0.28mg (13.96%), Phosphorus: 134.88mg (13.49%), Vitamin B3:

2.4mg (12.02%), Fiber: 2.93g (11.72%), Vitamin B5: 1.16mg (11.57%), Iron: 1.82mg (10.12%), Magnesium: 39.68mg (9.92%), Potassium: 337.6mg (9.65%), Vitamin C: 7.3mg (8.85%), Vitamin B1: 0.12mg (8.25%), Zinc: 1.24mg (8.24%), Vitamin E: 1.17mg (7.77%), Vitamin K: 8.07µg (7.68%), Calcium: 58.22mg (5.82%), Vitamin B2: 0.09mg (5.23%), Folate: 19.95µg (4.99%), Vitamin A: 235.33IU (4.71%)