



Baked Rockfish



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil pesto
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 cup carrots finely chopped
- ☐ 1 medium leek chopped
- ☐ 2 pounds snapper red

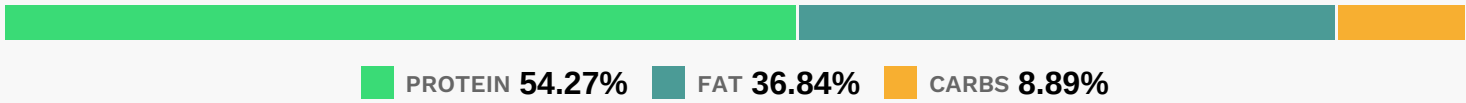
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375°F. Grease rectangular baking dish, 13x9x2 inches.
- ☐ Mix pesto, lemon juice, carrot and leek.
- ☐ Place fish in dish.
- ☐ Spread vegetable mixture over fish.
- ☐ Cover and bake about 40 minutes or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:19.71, Glycemic Load:1.39, Inflammation Score:-10, Nutrition Score:28.354782581329%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 369.37kcal (18.47%), Fat: 14.64g (22.52%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 6.57g (2.39%), Sugar: 2.9g (3.22%), Cholesterol: 86.39mg (28.8%), Sodium: 450.6mg (19.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.53g (97.05%), Vitamin D: 23.13µg (154.22%), Selenium: 86.89µg (124.12%), Vitamin B12: 6.8µg (113.4%), Vitamin A: 3909.91IU (78.2%), Vitamin B6: 0.99mg (49.31%), Phosphorus: 463.34mg (46.33%), Potassium: 1048.58mg (29.96%), Magnesium: 81.4mg (20.35%), Vitamin B5: 1.79mg (17.91%), Vitamin E: 2.5mg (16.7%), Calcium: 141.57mg (14.16%), Vitamin C: 11.6mg (14.06%), Vitamin K: 12.8µg (12.19%), Vitamin B1: 0.13mg (8.73%), Manganese: 0.16mg (8.04%), Folate: 30.87µg (7.72%), Iron: 1.11mg (6.18%), Zinc: 0.89mg (5.91%), Fiber: 1.38g (5.51%), Copper: 0.1mg (4.96%), Vitamin B3: 0.9mg (4.5%), Vitamin B2: 0.02mg (1.44%)