



Breaded Fish Fillets with Nacho Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup queso asadero old el paso®
- 16 oz fish fillet frozen (4 fillets)

Equipment

- microwave

Directions

- Heat fish fillets as directed on package. Meanwhile, microwave dip as directed on container.

To serve, spoon about 2 tablespoons dip over each fish fillet.

Nutrition Facts

PROTEIN 55.58% **FAT 38.67%** **CARBS 5.75%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:11.966521739312%

Nutrients (% of daily need)

Calories: 190.49kcal (9.52%), Fat: 8.14g (12.52%), Saturated Fat: 4.54g (28.36%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.63g (0.96%), Sugar: 1.98g (2.2%), Cholesterol: 78.88mg (26.29%), Sodium: 543.38mg (23.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.32g (52.64%), Selenium: 47.4µg (67.71%), Phosphorus: 431.14mg (43.11%), Vitamin B12: 1.79µg (29.86%), Vitamin D: 3.52µg (23.44%), Vitamin B3: 4.43mg (22.13%), Potassium: 413.44mg (11.81%), Calcium: 117.51mg (11.75%), Vitamin B6: 0.18mg (9.19%), Vitamin B2: 0.14mg (8.38%), Magnesium: 30.62mg (7.65%), Folate: 27.22µg (6.8%), Zinc: 0.86mg (5.73%), Vitamin B5: 0.55mg (5.52%), Copper: 0.09mg (4.25%), Vitamin A: 191.93IU (3.84%), Iron: 0.69mg (3.84%), Vitamin B1: 0.05mg (3.1%), Vitamin E: 0.45mg (3.02%), Manganese: 0.04mg (2.1%), Vitamin K: 1.59µg (1.51%)