



Broiled Roughy Mornay

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.8 cup gruyère cheese sauce
- ☐ 24 ounce orange roughy fillets white firm
- ☐ 0.1 teaspoon paprika
- ☐ 0.3 teaspoon salt

Equipment

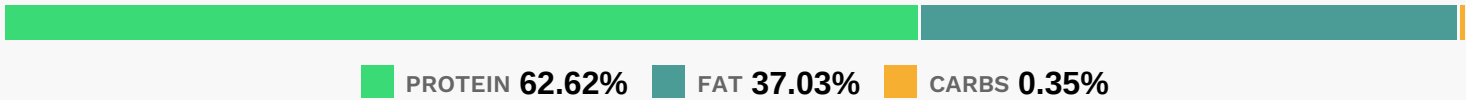
- ☐ frying pan

- ☐ oven
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine Gruyre Cheese Sauce and nutmeg; stir until blended.
- ☐ Sprinkle roughy fillets with salt and pepper. Arrange fillets on a broiler pan coated with cooking spray; broil 6 minutes.
- ☐ Remove pan from oven; turn fillets over.
- ☐ Spread 3 tablespoons cheese sauce mixture over each fillet.
- ☐ Sprinkle with paprika. Broil 2 minutes or until fillets begin to brown (watch carefully).

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:17.971304272828%

Nutrients (% of daily need)

Calories: 266.33kcal (13.32%), Fat: 10.92g (16.8%), Saturated Fat: 5.69g (35.58%), Carbohydrates: 0.23g (0.08%), Net Carbohydrates: 0.17g (0.06%), Sugar: 0.11g (0.13%), Cholesterol: 112.27mg (37.42%), Sodium: 410.59mg (17.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.56g (83.11%), Selenium: 74.7µg (106.72%), Vitamin B12: 3.08µg (51.39%), Phosphorus: 439.43mg (43.94%), Vitamin D: 5.42µg (36.14%), Vitamin B3: 6.67mg (33.37%), Calcium: 267.89mg (26.79%), Potassium: 537.08mg (15.35%), Vitamin B6: 0.3mg (14.87%), Magnesium: 55.28mg (13.82%), Folate: 43.4µg (10.85%), Vitamin B2: 0.18mg (10.43%), Zinc: 1.53mg (10.22%), Vitamin B5: 0.97mg (9.71%), Copper: 0.14mg (6.92%), Iron: 1.02mg (5.68%), Vitamin B1: 0.09mg (5.68%), Vitamin A: 266.16IU (5.32%), Vitamin E: 0.77mg (5.13%), Manganese: 0.09mg (4.31%), Vitamin K: 3.3µg (3.15%)