



## Campbell's® Fish and Vegetable Skillet

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 large carrots cut into matchstick-thin strips
- 2 stalks celery cut into matchstick-thin strips
- 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned (Regular, or Healthy Request)
- 2 tablespoons cooking wine dry white
- 1 dash ground pepper black generous
- 1 small onion chopped
- 0.5 teaspoon thyme leaves dried crushed
- 0.3 cup water

1 pound fish fillet white firm (cod, haddock or halibut)

## Equipment

frying pan

## Directions

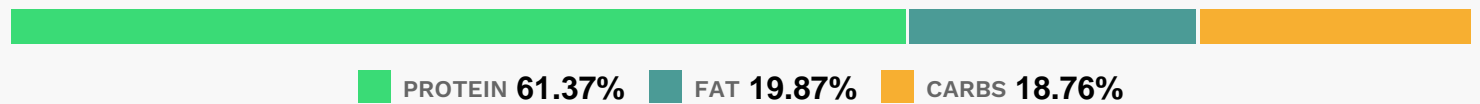
Place water, wine, thyme, black pepper, carrot, celery and onion in skillet.

Heat to a boil. Cover and cook over low heat 5 minutes or until vegetables are tender-crisp.

Add soup and heat to a boil.

Add fish. Cover and cook over low heat 5 minutes or until fish flakes easily when tested with fork.

## Nutrition Facts



## Properties

Glycemic Index:49.46, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:16.75086958512%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

## Nutrients (% of daily need)

Calories: 178.98kcal (8.95%), Fat: 3.86g (5.93%), Saturated Fat: 1.6g (10%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 6.87g (2.5%), Sugar: 1.94g (2.15%), Cholesterol: 60.51mg (20.17%), Sodium: 629.41mg (27.37%), Alcohol: 0.77g (100%), Alcohol %: 0.37% (100%), Protein: 26.79g (53.59%), Selenium: 47.59µg (67.99%), Vitamin A: 3109.24IU (62.18%), Vitamin B12: 1.91µg (31.89%), Vitamin B3: 5.39mg (26.93%), Vitamin D: 3.52µg (23.44%), Phosphorus: 232.7mg (23.27%), Manganese: 0.36mg (17.79%), Potassium: 580.79mg (16.59%), Vitamin B6: 0.28mg (13.98%), Copper: 0.26mg (13.19%), Folate: 46.69µg (11.67%), Magnesium: 43.4mg (10.85%), Vitamin K: 9.96µg (9.49%), Zinc: 1.33mg (8.84%), Vitamin B2: 0.15mg (8.59%), Vitamin B5: 0.82mg (8.22%), Iron: 1.37mg (7.59%),

Vitamin B1: 0.09mg (5.76%), Fiber: 1.32g (5.26%), Vitamin E: 0.63mg (4.2%), Vitamin C: 3.38mg (4.09%), Calcium: 34.59mg (3.46%)