



## Catch-Of-The-Day Fish

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



35 min.

SERVINGS



4

CALORIES



145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounces filets
- 2 slices optional: lemon halved
- 16 lime wedges
- 4 slices olives ripe
- 8 pimientos
- 5 ounces potatoes with skins

### Equipment

- oven

baking pan

stove

## Directions

Prepare scalloped potatoes, following the package directions for stovetop method.

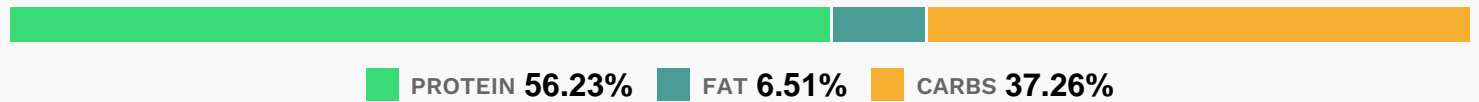
Place fish in an ungreased 13-in. x 9-in. baking dish.

Arrange potatoes on fish to look like scales. Cover and bake at 450° for 8–10 minutes or until the fish flakes easily with a fork.

Carefully transfer to serving plates.

Garnish with lime for tails and fins, lemon for heads, olives for eyes, and pimientos for eyes and mouth.

## Nutrition Facts



## Properties

Glycemic Index:46.56, Glycemic Load:6.4, Inflammation Score:-5, Nutrition Score:12.416087093561%

## Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 31.94mg, Hesperetin: 31.94mg, Hesperetin: 31.94mg, Hesperetin: 31.94mg Naringenin: 2.47mg, Naringenin: 2.47mg, Naringenin: 2.47mg, Naringenin: 2.47mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 144.9kcal (7.24%), Fat: 1.11g (1.7%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 11.27g (4.1%), Sugar: 1.65g (1.84%), Cholesterol: 48.76mg (16.25%), Sodium: 80.81mg (3.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.98%), Selenium: 37.96µg (54.22%), Vitamin C: 33mg (40%), Phosphorus: 264.38mg (26.44%), Vitamin B6: 0.42mg (21.08%), Potassium: 700.07mg (20%), Vitamin B12: 1.03µg (17.2%), Vitamin B3: 2.88mg (14.39%), Magnesium: 49.29mg (12.32%), Fiber: 2.97g (11.89%), Vitamin B1: 0.14mg (9.21%), Vitamin D: 1.02µg (6.8%), Iron: 1.21mg (6.7%), Vitamin E: 0.95mg (6.32%), Copper: 0.12mg (6.03%), Vitamin B2: 0.1mg (5.98%), Folate: 19.92µg (4.98%), Calcium: 47.73mg (4.77%), Zinc: 0.7mg (4.66%), Vitamin B5: 0.44mg (4.42%), Manganese: 0.08mg (3.99%), Vitamin A: 139.87IU (2.8%), Vitamin K: 1.44µg (1.37%)