



## Cheesy Fish and Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 14 ounces baking potato peeled cut into 1-inch cubes
- ☐ 0.5 pound flounder white
- ☐ 2 ounces mild cheddar cheese shredded
- ☐ 3 tablespoons water

## Equipment

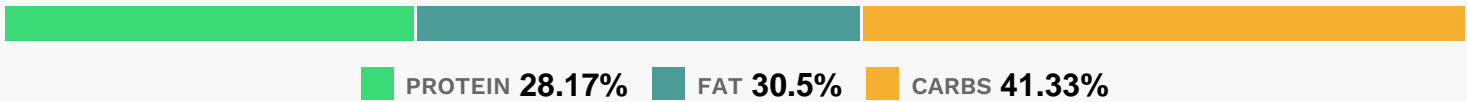
- ☐ food processor
- ☐ sauce pan
- ☐ plastic wrap

☐ microwave

## Directions

- ☐ Place potato in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender; drain, reserving cooking liquid.
- ☐ Sprinkle cheese over drained potato.
- ☐ Let cheese melt while potato cools slightly.
- ☐ While potato cooks, place fish in a microwave-safe dish; add 3 tablespoons water to dish. Cover with heavy-duty plastic wrap; vent. Microwave at HIGH 3 to 4 minutes or until fish flakes easily when tested with a fork.
- ☐ Let fish cool slightly; flake with a fork, and remove and discard bones, if needed.
- ☐ Place fish, potato, and 3 tablespoons reserved cooking liquid in a food processor. Process until desired consistency, adding additional cooking liquid, 1 tablespoon at a time, if needed.
- ☐ Nutrition Note: Fish and Mercury Fish is a great source of lean protein, omega-3 fatty acids, and vitamin B Even though fish contains many nutrients, some are high in mercury and should be avoided. According to the Food and Drug Administration, fish is a safe option for children if you follow these guidelines: Avoid shark, swordfish, king mackerel, and tilefish. Choose fish lowest in mercury like catfish, cod, flounder, haddock, perch, pollock, salmon, scallops, shrimp, sole, tilapia, trout, canned light tuna, and whitefish. Limit servings to two to three times per week.

## Nutrition Facts



## Properties

Glycemic Index:37.25, Glycemic Load:18.93, Inflammation Score:-4, Nutrition Score:12.319130296293%

## Nutrients (% of daily need)

Calories: 234.54kcal (11.73%), Fat: 7.99g (12.29%), Saturated Fat: 4g (24.98%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 22.65g (8.24%), Sugar: 0.88g (0.98%), Cholesterol: 52.92mg (17.64%), Sodium: 192.2mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.22%), Selenium: 25.99µg (37.12%), Phosphorus: 349.83mg (34.98%), Vitamin B6: 0.54mg (27.18%), Potassium: 687.19mg (19.63%), Vitamin B12: 1.05µg (17.58%), Calcium: 167.15mg (16.71%), Vitamin D: 2.23µg (14.87%), Magnesium: 49.29mg (12.32%), Manganese: 0.22mg (11.01%), Vitamin B3: 2.17mg (10.83%), Vitamin C: 7.54mg (9.14%), Zinc: 1.32mg (8.8%), Vitamin B1: 0.13mg (8.71%),

Vitamin B2: 0.14mg (8.36%), Copper: 0.16mg (7.96%), Iron: 1.3mg (7.24%), Fiber: 1.72g (6.88%), Folate: 26.27µg (6.57%), Vitamin B5: 0.62mg (6.16%), Vitamin A: 215.65IU (4.31%), Vitamin E: 0.63mg (4.21%), Vitamin K: 2.91µg (2.77%)