



Cheesy fish grills

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 fillet fish fillet skinless white such as hoki or cod, 500g 1lb 2oz total weight
- 4 servings cooking oil for brushing
- 4 slices ham thin
- 50 g cheddar cheese grated
- 2 spring onion sliced

Equipment

- knife
- grill

Directions

- Preheat the grill to high and lightly oil a large shallow heatproof dish. Arrange the fillets in the dish, slightly spaced apart, and brush them with a little oil. Grill for 2 minutes.
- Remove the dish from the grill, turn the fish over and top each fillet with a scrunched slice of ham.
- Mix together the cheese and onions, scatter over the fish and season with salt and pepper. Return to the grill for 5 minutes until the fish flakes easily when prodded with a knife.
- Serve with green vegetables broccoli or stir-fried cabbage would be good.

Nutrition Facts

PROTEIN 42.31% **FAT 56.96%** **CARBS 0.73%**

Properties

Glycemic Index:14.75, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:20.181739040043%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 407.92kcal (20.4%), Fat: 25.85g (39.76%), Saturated Fat: 6.1g (38.13%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.59g (0.21%), Sugar: 0.18g (0.2%), Cholesterol: 114.86mg (38.29%), Sodium: 503.47mg (21.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.2g (86.4%), Selenium: 80.99µg (115.7%), Vitamin B12: 3µg (49.96%), Phosphorus: 408.39mg (40.84%), Vitamin B3: 7.92mg (39.61%), Vitamin D: 5.54µg (36.94%), Vitamin K: 25.08µg (23.89%), Vitamin E: 3.36mg (22.38%), Vitamin B6: 0.39mg (19.7%), Potassium: 619.66mg (17.7%), Vitamin B1: 0.24mg (16.33%), Magnesium: 55.79mg (13.95%), Vitamin B2: 0.23mg (13.47%), Folate: 48.1µg (12.03%), Zinc: 1.69mg (11.28%), Calcium: 111.65mg (11.17%), Vitamin B5: 1.01mg (10.12%), Copper: 0.16mg (7.99%), Iron: 1.3mg (7.25%), Manganese: 0.08mg (3.88%), Vitamin A: 185.07IU (3.7%), Vitamin C: 1.13mg (1.37%)