



## Cheesy Fish 'n Veggie Packets

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

READY IN



40 min.

SERVINGS



6

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups broccoli florets and carrots mixed thinly sliced
- 6 Tbsp cheez whiz cheese dip
- 1.5 lb filets
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 2 tsp thyme leaves dried

### Equipment

- baking sheet
- oven

aluminum foil

## Directions

Heat oven to 350F.

Place 1 fish fillet on center of each of 6 large sheets of heavy-duty foil sprayed with cooking spray; drizzle with dressing.

Sprinkle with thyme; top with vegetables. Fold to make 6 packets.

Place on rimmed baking sheet.

Bake 25 min. or until fish flakes easily with fork.

Let stand 5 min.

Cut slits in foil to release steam before opening packets.

Top with CHEEZ WHIZ.

## Nutrition Facts



## Properties

Glycemic Index:12.83, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:15.740869387336%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

## Nutrients (% of daily need)

Calories: 166.03kcal (8.3%), Fat: 5.43g (8.36%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 3.93g (1.43%), Sugar: 2.41g (2.68%), Cholesterol: 61.14mg (20.38%), Sodium: 395.2mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.49g (46.99%), Selenium: 38.77µg (55.39%), Vitamin C: 42.23mg (51.19%), Vitamin K: 49.27µg (46.92%), Phosphorus: 394.24mg (39.42%), Potassium: 657.45mg (18.78%), Vitamin B6: 0.36mg (18.08%), Vitamin B12: 1.03µg (17.2%), Vitamin B3: 2.64mg (13.21%), Magnesium: 46.51mg (11.63%), Calcium: 100.48mg (10.05%), Vitamin B2: 0.17mg (9.87%), Folate: 36.72µg (9.18%), Vitamin A: 450.34IU (9.01%), Vitamin B1: 0.12mg (7.97%), Vitamin E: 1.19mg (7.92%), Vitamin D: 1.02µg (6.8%), Zinc: 0.98mg (6.5%), Manganese: 0.12mg (5.93%), Fiber: 1.27g (5.08%), Iron: 0.85mg (4.74%), Vitamin B5: 0.44mg (4.35%), Copper: 0.06mg (2.82%)