



Cheesy seafood gratin

READY IN



40 min.

SERVINGS



2

CALORIES



668 kcal

SIDE DISH

Ingredients

- ☐ 2 tsp olive oil
- ☐ 3 leek halved thinly sliced
- ☐ 0.5 small parsley finely chopped
- ☐ 250 g pumpkin pie filling/mix (ours contained haddock and salmon)
- ☐ 2 tsp coarse mustard
- ☐ 350 ml nacho cheese dip
- ☐ 2 servings bread

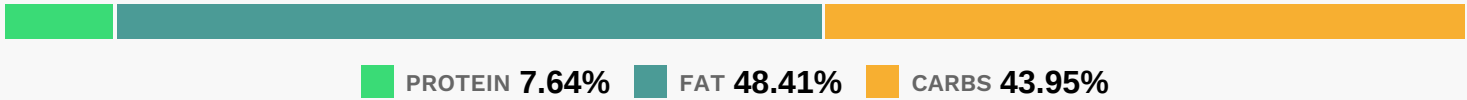
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ grill

Directions

- ☐ Heat oven to 200C/180C fan/gas 6 and heat the oil in a large frying pan.
- ☐ Add the leeks and some seasoning, and cook for 10 mins until really soft. Stir in half the parsley and spoon into 2 gratin dishes.
- ☐ Divide the fish between the 2 dishes, mix the mustard into the cheese sauce and spoon over the top of the fish.
- ☐ Place on a baking tray and cook for 15 mins you can put the bread in the oven to warm through for the last few mins if it is a little stale.
- ☐ Remove the bread from the oven and turn the grill on to brown the tops of the gratin for 2 mins, then remove from the oven. Scatter the gratin with the remaining parsley and serve with chunks of bread to mop up.

Nutrition Facts



Properties

Glycemic Index:82.85, Glycemic Load:12.56, Inflammation Score:-10, Nutrition Score:27.133043662361%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 668.47kcal (33.42%), Fat: 37.55g (57.77%), Saturated Fat: 7.97g (49.83%), Carbohydrates: 76.72g (25.57%), Net Carbohydrates: 62.04g (22.56%), Sugar: 13.51g (15.02%), Cholesterol: 15.75mg (5.25%), Sodium: 1904.68mg (82.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.66%), Vitamin A: 13561.39IU (271.23%), Manganese: 1.76mg (88.12%), Vitamin K: 71.81µg (68.39%), Fiber: 14.68g (58.72%), Folate: 141.68µg

(35.42%), Calcium: 299.14mg (29.91%), Vitamin B6: 0.57mg (28.7%), Iron: 4.97mg (27.59%), Vitamin C: 20.75mg (25.15%), Magnesium: 81.46mg (20.37%), Vitamin B5: 1.82mg (18.16%), Phosphorus: 167.88mg (16.79%), Selenium: 11.63µg (16.62%), Copper: 0.31mg (15.63%), Vitamin B1: 0.22mg (14.62%), Potassium: 491.73mg (14.05%), Vitamin B2: 0.24mg (13.97%), Vitamin E: 2.05mg (13.65%), Vitamin B3: 2.27mg (11.37%), Zinc: 1.03mg (6.83%)