



 **85%**
HEALTH SCORE

Creole Baked Fish

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



39 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cajun spice divided
- 28 oz canned tomatoes diced canned
- 24 oz filets frozen thawed
- 0.3 cup cooking wine dry white
- 2 garlic cloves chopped
- 0.5 bell pepper green chopped
- 1 tablespoon olive oil
- 1 small onion chopped

- 0.5 teaspoon pepper
- 0.5 bell pepper red chopped

Equipment

- frying pan
- oven

Directions

- Preheat oven to 35
- Saut bell peppers and onion in hot oil in an ovenproof skillet over medium heat 5 minutes or until tender.
- Add garlic, and saut 1 minute.
- Add wine, and cook 3 minutes or until liquid is absorbed. Stir in tomatoes, 1 tsp. Cajun seasoning, pepper, and, if desired, hot sauce. Cook, stirring occasionally, 10 minutes.
- Remove from heat.
- Sprinkle 1 side of cod fillets evenly with remaining Cajun seasoning.
- Place fillets, seasoned sides up, on top of tomato mixture in skillet.
- Bake at 350 for 25 minutes or until fish flakes with a fork.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:4.94, Inflammation Score:-9, Nutrition Score:27.243043277575%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 267.86kcal (13.39%), Fat: 5.52g (8.5%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 14.34g (5.21%), Sugar: 10.8g (12%), Cholesterol: 73.14mg (24.38%), Sodium: 357.86mg (15.56%), Alcohol: 1.54g (100%), Alcohol %: 0.45% (100%), Protein: 34.4g (68.79%), Selenium: 57.95µg (82.78%), Vitamin C: 52.74mg (63.92%), Vitamin B6: 0.88mg (43.82%), Phosphorus: 431.6mg (43.16%), Potassium: 1426.84mg (40.77%), Vitamin A: 1879.27IU (37.59%), Vitamin E: 4.88mg (32.53%), Vitamin B3: 6.38mg (31.89%), Manganese: 0.55mg (27.42%), Magnesium: 104.56mg (26.14%), Vitamin B12: 1.55µg (25.8%), Copper: 0.45mg (22.54%), Iron: 3.86mg (21.43%), Fiber: 5.34g (21.35%), Vitamin B1: 0.31mg (20.83%), Vitamin K: 16.59µg (15.8%), Vitamin B2: 0.26mg (15.36%), Folate: 50.45µg (12.61%), Calcium: 110.46mg (11.05%), Vitamin D: 1.53µg (10.21%), Zinc: 1.5mg (10.01%), Vitamin B5: 0.96mg (9.58%)