



Creole Fish Fillets

READY IN



25 min.

SERVINGS



25

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter divided
- 0.5 cup celery chopped
- 1 Tbsp flour
- 0.3 cup pasilla peppers green chopped
- 0.3 cup onions chopped
- 1.5 lb ocean perch fillets
- 1 cup tomatoes chopped
- 8 oz velveeta cut into 1/2-inch cubes
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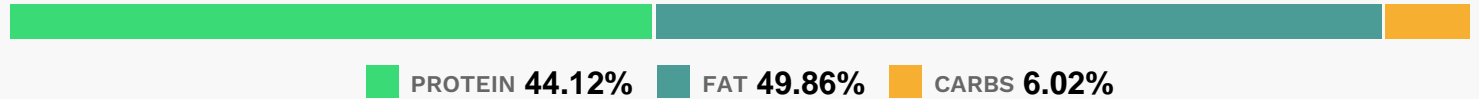
Equipment

- frying pan
- broiler
- broiler pan

Directions

- Heat broiler.
- Melt 3 Tbsp. butter.
- Place fish on rack of broiler pan sprayed with cooking spray.
- Broil 5 to 6 min. on each side or until fish flakes easily with fork, brushing frequently with melted butter. Cook and stir celery, onions and peppers in remaining butter in medium skillet on medium heat 3 to 5 min. or until crisp-tender. Stir in flour until blended.
- Add tomatoes and VELVEETA; cook on low heat until VELVEETA is completely melted, stirring occasionally.
- Serve over fish.

Nutrition Facts



Properties

Glycemic Index:9.28, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:3.0404348140178%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 49.85kcal (2.49%), Fat: 2.73g (4.2%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.29g (0.32%), Cholesterol: 31mg (10.33%), Sodium: 38.36mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Manganese: 0.21mg (10.27%), Vitamin B12:

0.52µg (8.7%), Phosphorus: 58.16mg (5.82%), Vitamin D: 0.82µg (5.44%), Selenium: 3.58µg (5.11%), Vitamin C: 2.66mg (3.22%), Vitamin A: 148.06IU (2.96%), Potassium: 98.58mg (2.82%), Calcium: 24.46mg (2.45%), Vitamin B3: 0.48mg (2.42%), Magnesium: 9.48mg (2.37%), Copper: 0.05mg (2.35%), Vitamin B5: 0.22mg (2.22%), Vitamin B6: 0.04mg (2.22%), Zinc: 0.32mg (2.16%), Vitamin B2: 0.03mg (1.93%), Vitamin B1: 0.03mg (1.72%), Iron: 0.29mg (1.6%), Vitamin K: 1.42µg (1.35%), Vitamin E: 0.17mg (1.12%), Folate: 4.07µg (1.02%)