



Crispy Baked Fish with Tropical Salsa



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 cup cornmeal yellow
- ☐ 1 teaspoon chili powder
- ☐ 1.3 teaspoons salt
- ☐ 1 lb fish fillet white
- ☐ 1 eggs beaten
- ☐ 8 oz pineapple chunks drained canned
- ☐ 1 tablespoon onion red finely chopped

- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime
- ☐ 1 kiwi fruit peeled chopped
- ☐ 1 papaya pitted chopped
- ☐ 1 jalapeno seeded finely chopped
- ☐ 0.7 cup frangelico

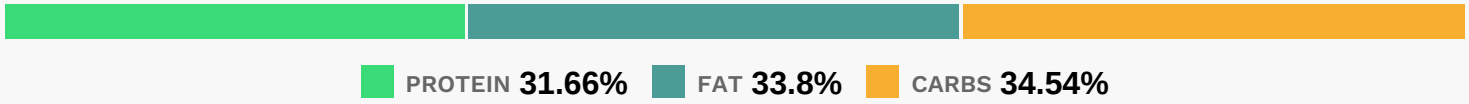
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 425°F. In 13x9-inch pan, melt butter in oven.
- ☐ In small bowl, mix Bisquick mix, cornmeal, chili powder and salt. Dip fish fillets into egg, then coat with Bisquick mixture.
- ☐ Place in pan.
- ☐ Bake uncovered 10 minutes. Turn fish; bake about 15 minutes longer or until fish flakes easily with fork.
- ☐ Meanwhile, in glass or plastic bowl, mix all fruit salsa ingredients.
- ☐ Serve salsa with fish.

Nutrition Facts



Properties

Glycemic Index:67.73, Glycemic Load:9.8, Inflammation Score:-8, Nutrition Score:21.465217258619%

Flavonoids

Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate:

0.02mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 322.53kcal (16.13%), Fat: 12.46g (19.17%), Saturated Fat: 2.95g (18.47%), Carbohydrates: 28.66g (9.55%), Net Carbohydrates: 24.68g (8.98%), Sugar: 16.62g (18.47%), Cholesterol: 97.62mg (32.54%), Sodium: 917.02mg (39.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.26g (52.52%), Vitamin C: 74.12mg (89.84%), Selenium: 52.24µg (74.62%), Vitamin B12: 1.9µg (31.67%), Vitamin A: 1399.78IU (28%), Vitamin B3: 5.31mg (26.55%), Phosphorus: 262.34mg (26.23%), Vitamin D: 3.74µg (24.9%), Potassium: 674.86mg (19.28%), Vitamin B6: 0.38mg (18.85%), Folate: 74.74µg (18.68%), Magnesium: 72.86mg (18.21%), Fiber: 3.98g (15.91%), Vitamin K: 14.7µg (14%), Copper: 0.25mg (12.59%), Vitamin E: 1.79mg (11.96%), Vitamin B1: 0.17mg (11.2%), Vitamin B2: 0.18mg (10.68%), Vitamin B5: 1mg (9.99%), Iron: 1.64mg (9.11%), Manganese: 0.18mg (8.98%), Zinc: 1.01mg (6.73%), Calcium: 57.17mg (5.72%)