



Crispy Fish-Topped au Gratin Potatoes

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



277 kcal

SIDE DISH

Ingredients

- 4.7 oz potatoes
- 2 cups water boiling
- 0.5 cup milk
- 2 tablespoons butter
- 1 cup bacon shredded (matchstick-size)
- 0.5 teaspoon dill dried
- 11 oz fish fillet frozen

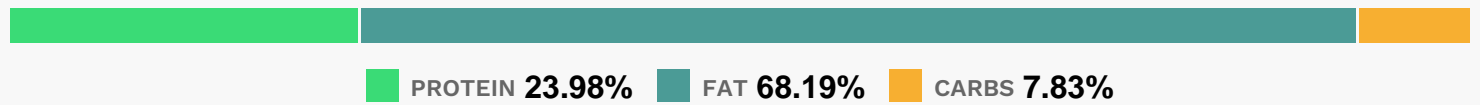
Equipment

- oven
- glass baking pan

Directions

- Heat oven to 425°F. In ungreased 8-inch square (2-quart) glass baking dish, mix Potatoes, Sauce
- Mix, boiling water, milk, butter, carrots and dill weed. Arrange fish fillets on top.
- Bake uncovered about 35 minutes or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:20.29, Glycemic Load:3.2, Inflammation Score:-3, Nutrition Score:9.0134781806365%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 277.39kcal (13.87%), Fat: 20.96g (32.25%), Saturated Fat: 6.71g (41.94%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.92g (1.79%), Sugar: 1.15g (1.28%), Cholesterol: 54.45mg (18.15%), Sodium: 345.24mg (15.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.17%), Selenium: 30.1µg (43.01%), Vitamin B3: 3.87mg (19.37%), Vitamin B12: 1.13µg (18.88%), Phosphorus: 179.86mg (17.99%), Vitamin B6: 0.27mg (13.44%), Vitamin D: 1.99µg (13.28%), Vitamin B1: 0.16mg (10.67%), Potassium: 363.74mg (10.39%), Magnesium: 27.62mg (6.9%), Vitamin B5: 0.62mg (6.17%), Vitamin B2: 0.1mg (5.99%), Vitamin C: 4.43mg (5.36%), Zinc: 0.8mg (5.3%), Copper: 0.09mg (4.64%), Vitamin A: 219.78IU (4.4%), Folate: 16.07µg (4.02%), Calcium: 40.1mg (4.01%), Iron: 0.67mg (3.7%), Vitamin E: 0.53mg (3.56%), Manganese: 0.06mg (3.08%), Fiber: 0.5g (2%), Vitamin K: 1.21µg (1.15%)