



Crispy Fish-Topped au Gratin Potatoes

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



122 kcal

SIDE DISH

Ingredients

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

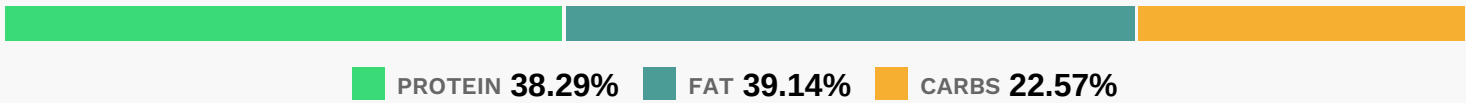
Equipment

- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 425F. 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:28.1, Glycemic Load:3.88, Inflammation Score:-9, Nutrition Score:10.555217214253%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 121.71kcal (6.09%), Fat: 5.37g (8.25%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 5.86g (2.13%), Sugar: 2.16g (2.4%), Cholesterol: 28.43mg (9.48%), Sodium: 98.93mg (4.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.62%), Vitamin A: 3769.13IU (75.38%), Selenium: 22.2µg (31.71%), Vitamin B12: 0.94µg (15.59%), Phosphorus: 130.54mg (13.05%), Vitamin B3: 2.5mg (12.49%), Vitamin D: 1.83µg (12.23%), Potassium: 353.94mg (10.11%), Vitamin B6: 0.19mg (9.67%), Vitamin C: 5.68mg (6.89%), Magnesium: 25.45mg (6.36%), Folate: 20.13µg (5.03%), Vitamin B2: 0.08mg (4.84%), Vitamin B5: 0.46mg (4.57%), Calcium: 45.16mg (4.52%), Manganese: 0.09mg (4.39%), Fiber: 1.1g (4.39%), Vitamin B1: 0.07mg (4.36%), Copper: 0.09mg (4.29%), Vitamin K: 4.03µg (3.83%), Vitamin E: 0.51mg (3.37%), Iron: 0.57mg (3.16%), Zinc: 0.38mg (2.54%)