



Crispy Herb Fish with Parmesan Potatoes

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup philadelphia chive & onion
- 1.5 tsp basil leaves dried divided
- 1 tsp rosemary leaves dried crushed
- 0.5 cup milk fat-free
- 1 lb orange roughy fillets
- 1.5 lb potatoes red cut into 1-inch chunks (4)
- 0.3 cup reduced fat topping parmesan style grated kraft
- 1 pkt. shake 'n bake chicken coating mix

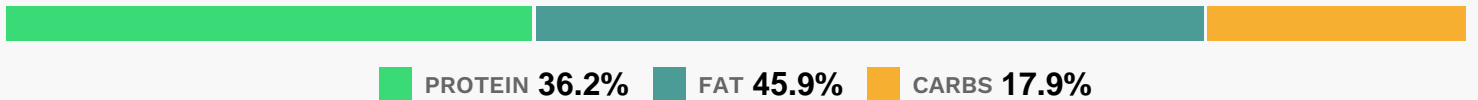
Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Spray foil-covered rimmed baking sheet with cooking spray.
- Add 1 tsp. basil to coating mix in the shaker bag; shake gently to combine. Use to coat fish as directed on package.
- Place in prepared pan.
- Bake 20 min. or until fish flakes easily with fork. Meanwhile, cook potatoes in boiling water in large saucepan 15 to 20 min. or until tender.
- Drain potatoes; return to pan.
- Add milk, grated topping, reduced-fat cream cheese, rosemary and remaining basil; mash until mixture is blended and of desired consistency.
- Serve with fish.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:4.1460869441862%

Flavonoids

Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 90.54kcal (4.53%), Fat: 4.55g (7%), Saturated Fat: 1.49g (9.28%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 3.56g (1.3%), Sugar: 0.56g (0.62%), Cholesterol: 30.14mg (10.05%), Sodium: 56.01mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.07g (16.15%), Selenium: 14.09µg (20.13%), Vitamin B3: 2.23mg (11.14%), Phosphorus: 78mg (7.8%), Vitamin B6: 0.14mg (6.99%), Potassium: 186.52mg (5.33%), Magnesium: 14.03mg (3.51%), Iron: 0.63mg (3.49%), Zinc: 0.5mg (3.33%), Vitamin B2: 0.05mg (3.22%), Vitamin B5: 0.32mg (3.2%), Vitamin B12: 0.18µg (2.98%), Vitamin C: 2.38mg (2.89%), Copper: 0.06mg (2.88%), Vitamin B1: 0.04mg (2.74%), Manganese: 0.05mg (2.64%), Calcium: 25.4mg (2.54%), Folate: 10.04µg (2.51%), Vitamin K: 2.36µg (2.25%), Vitamin E: 0.27mg (1.79%), Fiber: 0.43g (1.72%), Vitamin A: 80.83IU (1.62%)