

 **67%**  
HEALTH SCORE

# Crunchy Cheesy Fish and Spinach Casserole

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



279 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 pound cod cut into large pieces
- 1 tablespoon optional: dill fresh chopped
- 1 teaspoon garlic salt
- 0.3 cup italian-seasoned bread crumbs
- 1 lemon zest juiced
- 0.3 cup panko bread crumbs
- 0.5 teaspoon cracked pepper black
- 1 teaspoon sea salt

1 cup sharp cheddar cheese shredded

1 pound pkt spinach fresh

## Equipment

bowl

oven

casserole dish

aluminum foil

## Directions

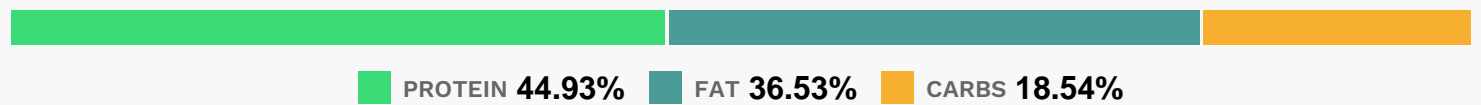
Preheat an oven to 450 degrees F (230 degrees C). Spray a 9x13-inch casserole dish with cooking spray.

Evenly spread spinach in the bottom of prepared casserole dish; sprinkle with garlic salt. Arrange fish atop spinach, keeping the pieces side by side and larger pieces toward the outside of dish. Top fish with lemon zest, lemon juice, dill, sea salt, and black pepper.

Combine Cheddar cheese, Italian-seasoned bread crumbs, and panko bread crumbs in a bowl; spread evenly over fish. Cover dish with aluminum foil.

Bake in the preheated for 12 to 15 minutes; uncover and cook until fish flakes easily with a fork and topping is lightly browned and crunchy, 5 to 8 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:34.510434523873%

## Flavonoids

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

## Nutrients (% of daily need)

Calories: 279.24kcal (13.96%), Fat: 11.43g (17.59%), Saturated Fat: 5.8g (36.23%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 9.79g (3.56%), Sugar: 1.3g (1.44%), Cholesterol: 77.09mg (25.7%), Sodium: 1626.17mg (70.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.63g (63.27%), Vitamin K: 552.61µg (526.3%), Vitamin A: 10986.07IU (219.72%), Selenium: 49.49µg (70.7%), Folate: 247.19µg (61.8%), Manganese: 1.18mg (59.07%), Phosphorus: 435.25mg (43.53%), Vitamin C: 35.22mg (42.69%), Calcium: 354.69mg (35.47%), Magnesium: 139.3mg (34.82%), Potassium: 1154.22mg (32.98%), Vitamin B2: 0.46mg (27.11%), Vitamin B6: 0.54mg (26.96%), Iron: 4.15mg (23.07%), Vitamin B12: 1.37µg (22.85%), Vitamin E: 3.27mg (21.79%), Vitamin B1: 0.29mg (19.49%), Vitamin B3: 3.9mg (19.48%), Zinc: 2.32mg (15.47%), Fiber: 3.26g (13.02%), Copper: 0.22mg (11.11%), Vitamin D: 1.19µg (7.93%), Vitamin B5: 0.44mg (4.4%)