



Dressed-Up Fish Rolls for a Crowd

 Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



189 kcal

Ingredients

- 2.5 lb sushi-grade yellowtail flounder thin
- 0.3 cup parsley fresh chopped
- 0.5 tsp garlic powder
- 0.8 cup 3/4 cup kraft zesty italian dressing italian kraft
- 0.3 tsp paprika
- 6 oz stove top cornbread stuffing mix

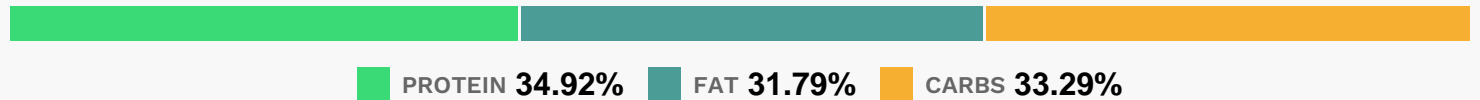
Equipment

- oven
- baking pan

Directions

- Heat oven to 425F.
- Prepare stuffing as directed on package.
- Mix next 4 ingredients until well blended; brush half onto fish.
- Spoon stuffing onto one end of each fish fillet; roll up.
- Place, seam-sides down, in 13x9-inch baking dish sprayed with cooking spray. Top with remaining dressing mixture.
- Bake 20 to 25 min. or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:11.413478239723%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg

Nutrients (% of daily need)

Calories: 188.55kcal (9.43%), Fat: 6.51g (10.01%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 14.7g (5.35%), Sugar: 3.33g (3.7%), Cholesterol: 51.2mg (17.07%), Sodium: 506.83mg (22.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.17%), Selenium: 38.72µg (55.32%), Vitamin K: 34.82µg (33.16%), Phosphorus: 314.08mg (31.41%), Vitamin B12: 1.28µg (21.41%), Vitamin D: 3.18µg (21.17%), Vitamin B3: 2.21mg (11.05%), Folate: 36.63µg (9.16%), Vitamin B1: 0.13mg (8.8%), Vitamin E: 1.19mg (7.96%), Vitamin B6: 0.15mg (7.67%), Magnesium: 29.07mg (7.27%), Potassium: 249.56mg (7.13%), Manganese: 0.13mg (6.36%), Iron: 1.01mg (5.62%), Vitamin B2: 0.09mg (5.52%), Calcium: 44.93mg (4.49%), Vitamin A: 198.79IU (3.98%), Zinc: 0.56mg (3.71%), Copper: 0.07mg (3.44%), Vitamin B5: 0.29mg (2.86%), Vitamin C: 2.07mg (2.51%), Fiber: 0.63g (2.51%)