



Easy Baked Fish

 **Gluten Free**

READY IN



40 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 0.5 cup chicken broth
- 0.5 teaspoon basil dried
- 2 tablespoons cooking wine dry white
- 2 cloves garlic chopped
- 0.3 teaspoon ground pepper black
- 1.3 cups rice instant
- 1 optional: lemon quartered

- 1 tablespoon juice of lemon fresh
- 1 cup peas frozen
- 2 plum tomatoes thinly sliced (Roma)
- 1 bell pepper red chopped
- 1 onion red chopped
- 0.5 teaspoon salt
- 1 pound sole fillets

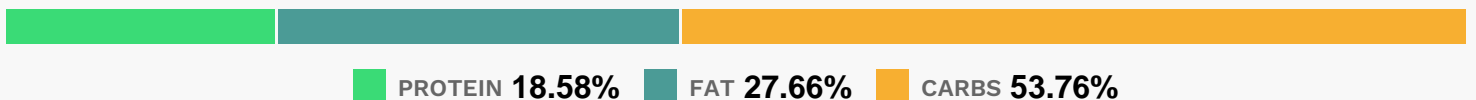
Equipment

- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 450 degrees F (230 degrees C). Spray a 9x13-inch baking dish with cooking spray.
- Heat chicken broth, butter, wine, lemon juice, basil, salt, and black pepper in a saucepan over medium heat until butter is melted, about 5 minutes.
- Stir rice, onion, bell pepper, peas, and garlic in prepared baking dish. Arrange sole fillets over rice mixture and top with tomato slices.
- Pour butter mixture over fish, rice, and vegetables. Cover baking dish with aluminum foil.
- Bake in preheated oven until fish is easily flaked with a fork and rice is tender, 20 to 25 minutes.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:88.75, Glycemic Load:32.97, Inflammation Score:-9, Nutrition Score:23.604347933894%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg Hesperetin: 8.11mg, Hesperetin: 8.11mg, Hesperetin: 8.11mg, Hesperetin: 8.11mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 479.27kcal (23.96%), Fat: 14.59g (22.45%), Saturated Fat: 7.99g (49.93%), Carbohydrates: 63.83g (21.28%), Net Carbohydrates: 58.63g (21.32%), Sugar: 6.35g (7.06%), Cholesterol: 82.12mg (27.37%), Sodium: 592.81mg (25.77%), Alcohol: 0.77g (100%), Alcohol %: 0.26% (100%), Protein: 22.05g (44.11%), Vitamin C: 75.09mg (91.02%), Selenium: 40.9µg (58.43%), Manganese: 1.02mg (51.22%), Phosphorus: 432.36mg (43.24%), Vitamin A: 1868.03IU (37.36%), Vitamin B6: 0.47mg (23.3%), Vitamin B12: 1.31µg (21.86%), Vitamin D: 3.18µg (21.17%), Fiber: 5.21g (20.84%), Vitamin B3: 3.56mg (17.79%), Potassium: 583.36mg (16.67%), Vitamin K: 16.58µg (15.79%), Magnesium: 62.72mg (15.68%), Folate: 62.4µg (15.6%), Vitamin B1: 0.23mg (15.13%), Copper: 0.28mg (13.97%), Vitamin E: 1.88mg (12.5%), Zinc: 1.75mg (11.65%), Vitamin B5: 1.12mg (11.18%), Iron: 1.86mg (10.34%), Vitamin B2: 0.17mg (10.12%), Calcium: 80.4mg (8.04%)