



Easy Baked Fish & Chips for Two

 **Gluten Free**  **Low Fod Map**

READY IN



35 min.

SERVINGS



35

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large baking potato
- 2 Tbsp 2 tbsp. kraft lite zesty italian dressing italian kraft
- 2 Tbsp miracle whip dressing light
- 0.5 lb fish fillets white such as haddock, halibut or cod
- 0.5 pouch shake 'n bake extra seasoned coating mix crispy ()
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Equipment

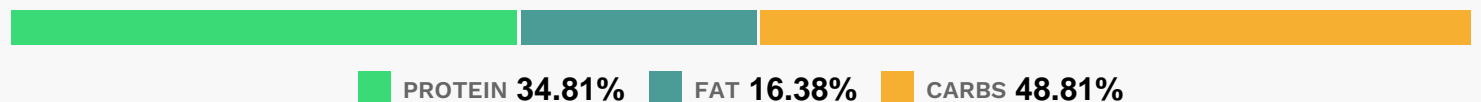
- bowl

- baking sheet
- oven

Directions

- Preheat oven to 400F.
- Cut potato lengthwise into 8 wedges. Toss potatoes with Italian dressing in bowl. Arrange, cut sides down, on large baking sheet sprayed with cooking spray.
- Bake 15 min.
- Meanwhile, reserve 2 Tbsp. of the coating mix for potatoes; set aside.
- Place remaining coating mix on plate.
- Spread one side of fish fillets with half of the Miracle Whip . Dip fish in coating mix. Turn over; brush other side of fish fillets with remaining Miracle Whip. Turn fish over to coat all sides well with coating mix.
- Remove potatoes from oven; turn over and arrange around outer edges of baking sheet.
- Place fish in center of baking sheet.
- Sprinkle reserved 2 Tbsp. coating mix over potatoes.
- Bake 15 min. or until fish flakes with fork and potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:1.5, Inflammation Score:-1, Nutrition Score:1.0352173974009%

Nutrients (% of daily need)

Calories: 17.33kcal (0.87%), Fat: 0.32g (0.49%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.99g (0.73%), Sugar: 0.25g (0.28%), Cholesterol: 3.32mg (1.11%), Sodium: 19.44mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Selenium: 2.77µg (3.95%), Vitamin B6: 0.05mg (2.37%), Potassium: 64.69mg (1.85%), Vitamin B3: 0.36mg (1.82%), Vitamin B12: 0.1µg (1.71%), Phosphorus: 16.99mg (1.7%), Vitamin D: 0.2µg (1.34%), Magnesium: 4.22mg (1.05%)