



Easy Baked Fish & Chips for Two

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

READY IN



35 min.

SERVINGS



2

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

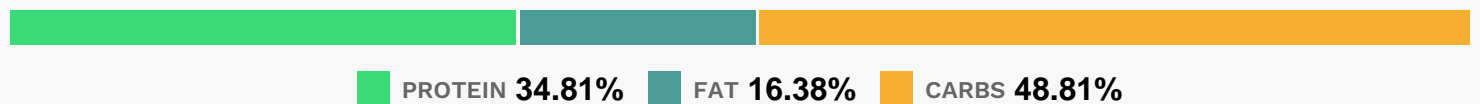
- bowl

- 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:42.38, Glycemic Load:26.22, Inflammation Score:-4, Nutrition Score:18.124348023663%

Nutrients (% of daily need)

Calories: 303.34kcal (15.17%), Fat: 5.61g (8.63%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 37.6g (12.53%), Net Carbohydrates: 34.9g (12.69%), Sugar: 4.38g (4.87%), Cholesterol: 58.14mg (19.38%), Sodium: 340.24mg (14.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.81g (53.62%), Selenium: 48.43µg (69.19%), Vitamin B6: 0.83mg (41.48%), Potassium: 1132.02mg (32.34%), Vitamin B3: 6.35mg (31.77%), Vitamin B12: 1.79µg (29.86%), Phosphorus: 297.26mg (29.73%), Vitamin D: 3.52µg (23.44%), Magnesium: 73.79mg (18.45%), Manganese: 0.34mg (16.81%), Copper: 0.28mg (13.89%), Vitamin B1: 0.2mg (13.38%), Folate: 53.05µg (13.26%), Vitamin C: 10.58mg (12.82%), Iron: 2.28mg (12.66%), Vitamin K: 13.14µg (12.51%), Vitamin B5: 1.11mg (11.08%), Fiber: 2.7g (10.81%), Vitamin B2: 0.13mg (7.78%), Zinc: 0.92mg (6.13%), Vitamin E: 0.79mg (5.29%), Calcium: 38.2mg (3.82%)