



Easy Baked Fish Fillets

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup breadcrumbs fresh
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 pounds grouper fillets white
- ☐ 1 tablespoon mayonnaise light
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.1 teaspoon onion powder
- ☐ 1.5 tablespoons stick margarine melted

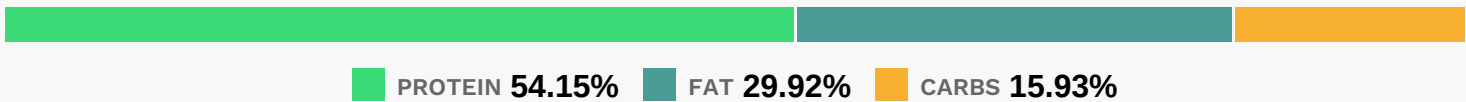
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Place fish in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Combine lime juice, mayonnaise, onion powder, and pepper in a small bowl, and spread over fish.
- ☐ Sprinkle with breadcrumbs; drizzle with butter.
- ☐ Bake at 425 for 20 minutes or until fish flakes easily when tested with a fork.
- ☐ Sprinkle with parsley.
- ☐ Notes: Haddock or cod would make good substitutes for the grouper. Adjust the baking time depending on the thickness of the fish.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:19.01826080032%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 266.84kcal (13.34%), Fat: 8.87g (13.64%), Saturated Fat: 2.21g (13.8%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 9.91g (3.6%), Sugar: 1.05g (1.16%), Cholesterol: 85.61mg (28.54%), Sodium: 269.76mg (11.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.11g (72.22%), Selenium: 74.61µg (106.59%), Vitamin B12: 2.74µg (45.67%), Vitamin B3: 7.57mg (37.84%), Vitamin K: 38.08µg (36.27%), Vitamin D: 5.27µg (35.15%), Phosphorus: 315.23mg (31.52%), Potassium: 560.48mg (16.01%), Vitamin B6: 0.3mg (14.82%), Folate: 58.93µg (14.73%), Vitamin B1: 0.2mg (13.61%), Magnesium: 53.45mg (13.36%), Manganese: 0.2mg (10%), Vitamin B2: 0.17mg (9.78%), Iron: 1.75mg (9.7%), Vitamin B5: 0.92mg (9.24%), Copper: 0.17mg (8.39%), Vitamin A: 371.49IU (7.43%), Vitamin E: 0.96mg (6.43%), Zinc: 0.79mg (5.25%), Calcium: 47.39mg (4.74%), Vitamin C: 3.81mg (4.62%), Fiber: 0.71g (2.86%)