



Easy Parmesan-Crusted Fish Dinner

READY IN



20 min.

SERVINGS



2

CALORIES



792 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb filets
- 2 grain dinner rolls whole
- 2 cups green beans fresh trimmed
- 1 small optional: lemon cut into 4 wedges
- 4 tsp parmesan cheese grated kraft
- 2 Tbsp mayo reduced fat mayonnaise light kraft
- 1 cup stove top stuffing mix for chicken in the canister

Equipment

- broiler
- broiler pan

Directions

- Heat broiler.
- Place fish on rack of broiler pan.
- Spread with mayo; top with cheese.
- Broil, 6 inches from heat, 6 to 8 min. or until fish flakes easily with fork.
- Meanwhile, prepare stuffing as directed on package and cook green beans.
- Serve fish with stuffing, beans, lemon wedges and rolls.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:3.06, Inflammation Score:-9, Nutrition Score:39.898261277572%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 791.57kcal (39.58%), Fat: 13.76g (21.17%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 125.13g (41.71%), Net Carbohydrates: 115.23g (41.9%), Sugar: 15.93g (17.69%), Cholesterol: 60.76mg (20.25%), Sodium: 2244.56mg (97.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.48g (84.97%), Selenium: 113.2µg (161.71%), Vitamin B1: 1.09mg (72.87%), Manganese: 1.42mg (71.14%), Folate: 275.86µg (68.97%), Vitamin B3: 11.78mg (58.9%), Phosphorus: 556.75mg (55.68%), Vitamin K: 57.56µg (54.82%), Vitamin C: 43.17mg (52.33%), Vitamin B2: 0.83mg (48.72%), Iron: 7.99mg (44.36%), Fiber: 9.9g (39.61%), Calcium: 351.29mg (35.13%), Vitamin B6: 0.7mg (34.84%), Magnesium: 134.64mg (33.66%), Potassium: 1137.89mg (32.51%), Copper: 0.48mg (24.01%), Vitamin B12: 1.19µg (19.81%), Vitamin A: 913.68IU (18.27%), Zinc: 2.73mg (18.2%), Vitamin E: 2.22mg (14.79%), Vitamin B5: 1.19mg (11.91%), Vitamin D: 1.07µg (7.13%)