



Fish and Vegetable Casserole

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 lb filets
- 0.3 cup cilantro leaves fresh divided chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 large onion divided sliced
- 0.3 tsp paprika
- 1 large bell pepper red divided cut into thin strips,
- 1 lb potatoes red peeled thinly sliced (3)

2 large tomatoes divided seeded chopped

Equipment

oven

baking pan

Directions

Heat oven to 350F.

Place half each of the onions, peppers and tomatoes in 13x9-inch baking dish sprayed with cooking spray; sprinkle with 1 Tbsp. cilantro.

Top with fish; sprinkle with paprika. Cover with remaining onions, peppers and tomatoes.

Drizzle with dressing; top with 1 Tbsp. of the remaining cilantro and potatoes. Top with cheese; cover.

Bake 1 hour or until potatoes are tender, uncovering for the last 10 min.

Sprinkle with remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:0.59, Inflammation Score:-6, Nutrition Score:8.0186956861745%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 98.11kcal (4.91%), Fat: 2.46g (3.78%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 6.83g (2.48%), Sugar: 2.43g (2.69%), Cholesterol: 24.28mg (8.09%), Sodium: 117.25mg (5.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.84%), Vitamin C: 21.2mg (25.7%), Selenium: 16.38µg (23.41%), Phosphorus: 157.5mg (15.75%), Vitamin A: 639.12IU (12.78%), Potassium: 431.93mg (12.34%), Vitamin B6:

0.23mg (11.74%), Vitamin B12: 0.47µg (7.9%), Vitamin B3: 1.57mg (7.83%), Calcium: 74.94mg (7.49%), Magnesium: 28.2mg (7.05%), Vitamin K: 6.59µg (6.27%), Vitamin B1: 0.08mg (5.39%), Manganese: 0.11mg (5.3%), Folate: 20.04µg (5.01%), Fiber: 1.23g (4.9%), Vitamin E: 0.71mg (4.75%), Vitamin B2: 0.08mg (4.65%), Zinc: 0.6mg (4.01%), Copper: 0.08mg (3.84%), Iron: 0.57mg (3.14%), Vitamin D: 0.43µg (2.87%), Vitamin B5: 0.23mg (2.31%)