



Fish in Roasted Red Pepper Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chicken broth
- ☐ 1 lb filets
- ☐ 2 oz philadelphia cream cheese softened ()
- ☐ 0.3 cup flour
- ☐ 2 Tbsp cilantro leaves fresh chopped
- ☐ 1 clove garlic peeled
- ☐ 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- ☐ 0.5 cup onions sliced
- ☐ 0.3 cup roasted peppers red

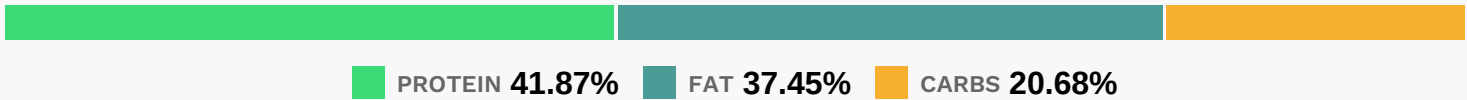
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Coat both sides of fish with flour.
- ☐ Heat dressing in large skillet on medium-high heat.
- ☐ Add onions; cook and stir 5 min. or until crisp-tender.
- ☐ Add fish; cook 5 to 7 min. on each side or until fish flakes easily with fork.
- ☐ Meanwhile, blend cream cheese, red peppers, broth and garlic in blender until well blended.
- ☐ Pour into medium saucepan. Bring to boil on medium-high heat, stirring frequently; simmer on low 5 min., stirring occasionally.
- ☐ Place fish on platter; top with cream cheese sauce and cilantro.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:5.01, Inflammation Score:-5, Nutrition Score:11.330000027366%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 217.91kcal (10.9%), Fat: 8.89g (13.68%), Saturated Fat: 3.47g (21.7%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 10.37g (3.77%), Sugar: 3.06g (3.4%), Cholesterol: 63.37mg (21.12%), Sodium: 427.04mg (18.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.37g (44.74%), Selenium: 41.99µg (59.98%), Phosphorus: 265.39mg (26.54%), Vitamin B12: 1.07µg (17.77%), Vitamin B6: 0.35mg (17.39%), Potassium: 556.41mg (15.9%), Vitamin B3: 2.94mg (14.72%), Vitamin B1: 0.17mg (11.32%), Magnesium: 43.37mg (10.84%), Vitamin B2: 0.16mg

(9.57%), Vitamin K: 9.37µg (8.93%), Vitamin C: 7.03mg (8.52%), Vitamin E: 1.19mg (7.93%), Folate: 28.86µg (7.21%), Manganese: 0.14mg (6.82%), Vitamin D: 1.02µg (6.8%), Vitamin A: 300.77IU (6.02%), Iron: 0.99mg (5.48%), Zinc: 0.72mg (4.77%), Calcium: 45.24mg (4.52%), Copper: 0.07mg (3.62%), Vitamin B5: 0.32mg (3.23%), Fiber: 0.68g (2.71%)