

Fish Roll-Ups

READY IN



40 min.

SERVINGS



12

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 24 buttery round crackers crushed
- ☐ 1 cup crab meat minced
- ☐ 2 tablespoons parsley fresh minced
- ☐ 0.3 teaspoon garlic powder to taste
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons onion minced
- ☐ 0.3 cup parmesan cheese grated
- ☐ 12 servings salt and pepper to taste

☐ 6 ounce fillets sole

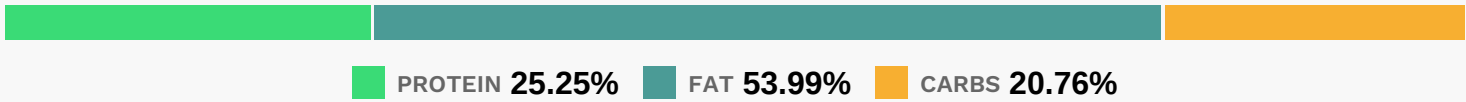
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly coat a 9x13 inch baking pan with cooking spray.
- ☐ Melt butter in frying pan over medium heat.
- ☐ Add onion and saute for 1 minute. Stir in crabmeat, parsley, garlic powder salt and pepper and cook 1 minute more.
- ☐ Remove from heat and stir in crushed crackers.
- ☐ Spread mixture over filets; sprinkle with lemon juice and Parmesan cheese.
- ☐ Roll up filets, seal with toothpicks and place in prepared baking dish. Dot each roll with butter and cover pan tightly with foil.
- ☐ Bake in preheated oven for 15 to 17 minutes until fish flakes.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:5.0904347870661%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 86.73kcal (4.34%), Fat: 5.19g (7.98%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 4.29g (1.56%), Sugar: 0.63g (0.7%), Cholesterol: 21.6mg (7.2%), Sodium: 434.7mg (18.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.91%), Vitamin B12: 1.45µg (24.24%), Selenium: 9.93µg (14.19%), Vitamin K: 14.23µg (13.56%), Phosphorus: 98.14mg (9.81%), Copper: 0.14mg (7.13%), Zinc: 1.02mg (6.81%), Calcium: 39.54mg (3.95%), Vitamin C: 2.96mg (3.59%), Vitamin A: 169.87IU (3.4%), Folate: 13.28µg (3.32%), Vitamin B3: 0.61mg (3.05%), Magnesium: 12.05mg (3.01%), Vitamin D: 0.41µg (2.72%), Vitamin E: 0.4mg (2.67%), Vitamin B1: 0.04mg (2.57%), Iron: 0.44mg (2.44%), Manganese: 0.05mg (2.28%), Vitamin B6: 0.05mg (2.25%), Potassium: 72.54mg (2.07%), Vitamin B2: 0.03mg (2.04%), Vitamin B5: 0.12mg (1.17%)