



Fish Sticks Marinara

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 oz broccoli frozen thawed drained
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon garlic clove chopped
- ☐ 12 celery stalks frozen
- ☐ 15 oz tomatoes
- ☐ 1 oz parmesan shredded
- ☐ 6 oz mozzarella cheese

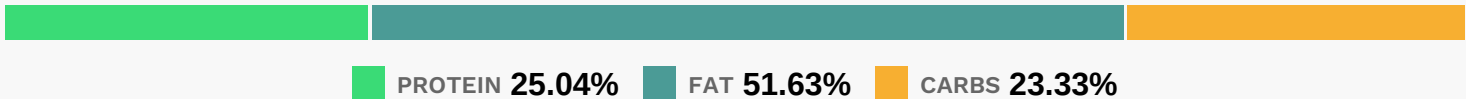
Equipment

- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In ungreased 8-inch square (2-quart) glass baking dish, arrange broccoli.
- ☐ Drizzle with oil; sprinkle with basil and garlic.
- ☐ Place fish sticks on broccoli. Spoon marinara sauce over fish.
- ☐ Sprinkle with Parmesan cheese. Arrange mozzarella cheese on top.
- ☐ Bake uncovered about 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:2.58, Inflammation Score:-8, Nutrition Score:19.083478354889%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 6.69mg, Kaempferol: 6.69mg, Kaempferol: 6.69mg, Kaempferol: 6.69mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 171.22kcal (8.56%), Fat: 10.37g (15.95%), Saturated Fat: 4.98g (31.13%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 7.1g (2.58%), Sugar: 4.41g (4.9%), Cholesterol: 25.61mg (8.54%), Sodium: 623.96mg (27.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.63%), Vitamin C: 81.15mg (98.37%), Vitamin K: 97.41µg (92.77%), Calcium: 254.52mg (25.45%), Vitamin A: 1101.84IU (22.04%), Phosphorus: 210.95mg (21.09%), Folate: 65.42µg (16.36%), Potassium: 529.14mg (15.12%), Vitamin B2: 0.25mg (14.55%), Manganese: 0.28mg (14.22%), Fiber: 3.44g (13.76%), Vitamin E: 1.96mg (13.1%), Vitamin B6: 0.24mg (12.16%), Selenium: 8.5µg (12.15%), Vitamin B12: 0.7µg (11.72%), Zinc: 1.48mg (9.88%), Magnesium: 37.78mg (9.44%), Iron: 1.56mg (8.67%), Vitamin B5: 0.79mg (7.9%), Copper: 0.13mg (6.66%), Vitamin B3: 1.32mg (6.6%), Vitamin B1: 0.09mg (6%)