



Fish & Vegetable Platter with Cheesy Garlic-Cilantro Sauce

 **Gluten Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



6

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp cilantro leaves chopped
- 1.5 lb filets cooked
- 1 clove garlic minced
- 0.3 cup milk
- 4 cups cut-up vegetables mixed fresh cooked (broccoli, carrots, peppers, squash)
- 8 oz velveeta cut into 1/2-inch cubes
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Equipment

sauce pan

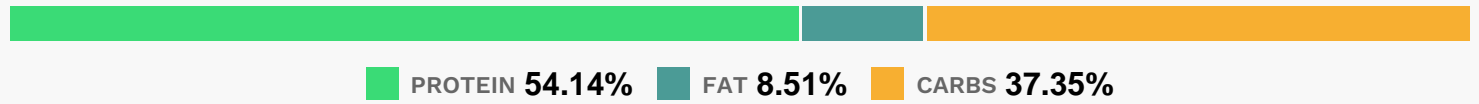
Directions

Combine VELVEETA, milk and garlic in saucepan.

Cook on low heat until VELVEETA is completely melted and mixture is well blended, stirring frequently. Stir in cilantro.

Spoon over fish and vegetables.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:5.39, Inflammation Score:-10, Nutrition Score:18.214347874341%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 177.5kcal (8.88%), Fat: 1.72g (2.64%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 12.11g (4.4%), Sugar: 0.49g (0.55%), Cholesterol: 49.98mg (16.66%), Sodium: 122.24mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.6g (49.21%), Vitamin A: 6227.68IU (124.55%), Selenium: 38.28µg (54.69%), Phosphorus: 312.85mg (31.29%), Potassium: 743.16mg (21.23%), Vitamin B6: 0.41mg (20.34%), Fiber: 4.87g (19.46%), Vitamin B3: 3.87mg (19.37%), Vitamin B12: 1.09µg (18.11%), Vitamin C: 13.93mg (16.88%), Magnesium: 66.77mg (16.69%), Manganese: 0.32mg (16.11%), Vitamin B1: 0.24mg (16.06%), Vitamin B2: 0.19mg (11.27%), Folate: 43.18µg (10.8%), Iron: 1.59mg (8.85%), Vitamin D: 1.13µg (7.55%), Zinc: 1.1mg (7.36%), Copper: 0.15mg (7.32%), Calcium: 61.93mg (6.19%), Vitamin E: 0.73mg (4.89%), Vitamin B5: 0.41mg (4.13%)