



## Fisherman's Quick Fish

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 24 ounce fillets cod
- ☐ 1 cup potato chips crushed
- ☐ 1 cup creamy salad dressing italian-style
- ☐ 0.3 cup sharp cheddar cheese shredded

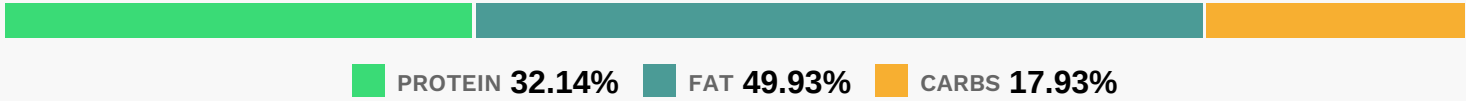
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

# Directions

- ☐ Preheat oven to 500 degrees F (260 degrees C). Coat a 9x13 inch baking dish with non-stick cooking spray.
- ☐ In a medium bowl, marinate the fish fillets in the salad dressing for a few minutes.
- ☐ Toss the shredded cheese and crushed chips together.
- ☐ Place the marinated fish fillets in the prepared baking dish and top with the cheese/chip mixture. Discard the leftover marinade.
- ☐ Bake, uncovered in the preheated oven for 8 to 10 minutes or until the fish can be flaked with a fork.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:18.350869707439%

## Nutrients (% of daily need)

Calories: 422.34kcal (21.12%), Fat: 23.16g (35.63%), Saturated Fat: 4.03g (25.22%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 18.05g (6.57%), Sugar: 6.44g (7.15%), Cholesterol: 80.2mg (26.73%), Sodium: 833.42mg (36.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.54g (67.08%), Selenium: 60.01µg (85.72%), Phosphorus: 418.97mg (41.9%), Vitamin K: 37.94µg (36.13%), Vitamin E: 4.64mg (30.92%), Potassium: 1012.29mg (28.92%), Vitamin B6: 0.57mg (28.6%), Vitamin B12: 1.62µg (27.05%), Vitamin B3: 4.6mg (23.01%), Magnesium: 72.66mg (18.17%), Vitamin B1: 0.19mg (12.56%), Vitamin B5: 1.21mg (12.13%), Vitamin D: 1.57µg (10.49%), Vitamin B2: 0.16mg (9.44%), Manganese: 0.19mg (9.28%), Calcium: 89.25mg (8.92%), Zinc: 1.3mg (8.65%), Vitamin C: 6.53mg (7.91%), Iron: 1.08mg (6.01%), Copper: 0.11mg (5.54%), Folate: 19.55µg (4.89%), Vitamin A: 159.96IU (3.2%), Fiber: 0.66g (2.63%)