



Freeda's Fabulous Fish



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 pound filets
- ☐ 1 teaspoon ground pepper black
- ☐ 1 optional: lemon quartered
- ☐ 1 teaspoon salt
- ☐ 0.3 cup soy-based steak marinade
- ☐ 2 small tomatoes thinly sliced

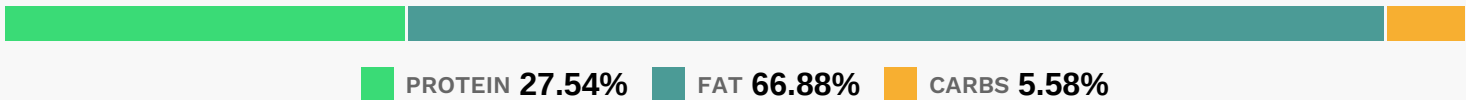
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Place fish in a 13x9 inch baking dish or pan.
- ☐ Pour butter, marinade, salt and pepper onto and around the fish. Squeeze the lemons onto the fish.
- ☐ Lay tomato slices over the top of the fish.
- ☐ Bake for 30 minutes or until the fish is flaky.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:1.03, Inflammation Score:-8, Nutrition Score:13.928695616515%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 346.06kcal (17.3%), Fat: 26.14g (40.21%), Saturated Fat: 15.71g (98.19%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 3.34g (1.22%), Sugar: 1.94g (2.16%), Cholesterol: 118.79mg (39.6%), Sodium: 835.81mg (36.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Selenium: 41.6µg (59.43%), Phosphorus: 275.8mg (27.58%), Vitamin A: 1352.41IU (27.05%), Vitamin C: 22.06mg (26.74%), Vitamin B12: 1.33µg (22.09%), Vitamin B6: 0.41mg (20.47%), Potassium: 676.7mg (19.33%), Vitamin B3: 3.42mg (17.11%), Magnesium: 48.76mg (12.19%), Vitamin E: 1.82mg (12.16%), Zinc: 1.41mg (9.39%), Vitamin B1: 0.13mg (8.7%), Vitamin B2: 0.14mg (8.13%), Manganese: 0.15mg (7.61%), Vitamin D: 1.04µg (6.9%), Vitamin K: 7.14µg (6.8%), Fiber: 1.56g (6.26%), Iron: 1.07mg (5.93%), Folate: 19.64µg (4.91%), Copper: 0.09mg (4.45%), Calcium: 40.87mg (4.09%), Vitamin B5: 0.3mg (3.04%)