



HEALTH SCORE

100%

Grilled Fish Over Linguine With Roasted Pepper Sauce



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 fillet firm-textured fish such as halibut (1-1/4 lb.)
- 1 tsp lemon pepper seasoning
- 4 oz milk velveeta® 2%
- 2 pasilla peppers red
- 8 oz spinach linguine hot cooked

Equipment

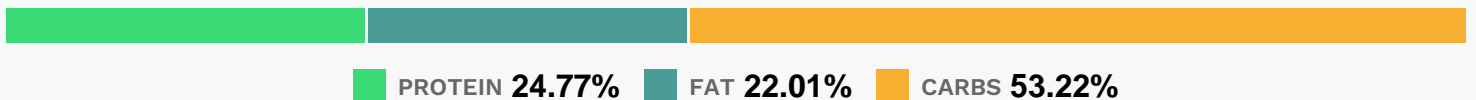
- food processor

- sauce pan
- blender
- grill
- broiler pan

Directions

- Place red peppers on grill over hot coals or on rack of broiler pan 3 to 4 inches from heat. Grill or broil 8 to 10 minutes or until skin is blackened, turning several times.
- Place in paper bag; close top. Cool.
- Remove peels and seeds from peppers; discard.
- Place red peppers in blender or food processor container; cover. Process until smooth. Set aside.
- Place fish on greased grill over medium coals or rack of broiler pan 3 to 5 inches from heat.
- Sprinkle with seasoning. Grill or broil 5 to 10 minutes or until fish flakes easily with fork.
- Mix VELVEETA and pureed red peppers in saucepan; cook on low heat until VELVEETA is melted, stirring occasionally.
- Place hot pasta on serving platter; top with fish.
- Pour red pepper mixture over fish.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:21.929130367611%

Flavonoids

Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 47.74kcal (2.39%), Fat: 1.34g (2.06%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 4.67g (1.7%), Sugar: 4.1g (4.56%), Cholesterol: 3.9mg (1.3%), Sodium: 58.57mg (2.55%), Alcohol: Og

(100%), Alcohol %: 0% (100%), Protein: 3.39g (6.79%), Vitamin K: 277.69µg (264.47%), Vitamin A: 7228.28IU (144.57%), Vitamin C: 92.09mg (111.63%), Folate: 137.69µg (34.42%), Manganese: 0.64mg (32.02%), Vitamin B6: 0.3mg (15.2%), Potassium: 494.11mg (14.12%), Magnesium: 56.46mg (14.11%), Vitamin E: 2.11mg (14.1%), Vitamin B2: 0.2mg (11.67%), Fiber: 2.62g (10.49%), Iron: 1.85mg (10.26%), Calcium: 97.48mg (9.75%), Phosphorus: 74.38mg (7.44%), Vitamin B1: 0.09mg (6.21%), Vitamin B3: 1.07mg (5.34%), Copper: 0.09mg (4.58%), Zinc: 0.57mg (3.83%), Vitamin B5: 0.34mg (3.43%), Vitamin B12: 0.17µg (2.81%), Selenium: 1.61µg (2.3%), Vitamin D: 0.34µg (2.29%)