

Haddock Au Gratin

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 3 tablespoons flour all-purpose
- 1 teaspoon ground mustard dry
- 0.1 teaspoon ground pepper black
- 2 pounds haddock fillets
- 0.7 cup half-and-half cream
- 0.7 cup heavy cream
- 0.5 cup monterrey jack cheese shredded
- 0.3 cup onion minced

- 0.3 teaspoon paprika
- 0.5 teaspoon salt
- 0.5 cup sharp cheddar cheese shredded

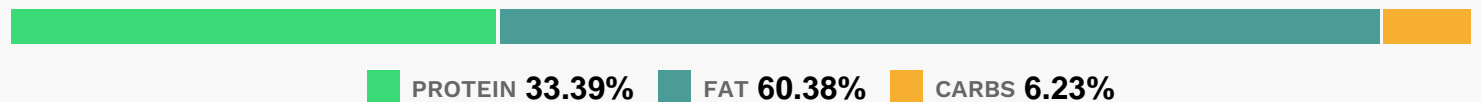
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly butter a medium or large baking dish.
- Rinse and dry fillets. Season with 1 teaspoon salt and 1/8 teaspoon pepper.
- In a skillet or frying pan, melt butter over medium heat.
- Saute onion in butter until golden. Stir in flour until completely incorporated. Stir in mustard, 1/2 teaspoon salt, light and heavy creams. Cook until thickened, stirring constantly.
- Remove from heat and stir in cheeses.
- Pour sauce over fish and sprinkle with paprika.
- Bake in preheated oven for 30 minutes, until brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:1.72, Inflammation Score:-5, Nutrition Score:11.811304348966%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 284.33kcal (14.22%), Fat: 18.92g (29.11%), Saturated Fat: 11.5g (71.87%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 4.17g (1.52%), Sugar: 1.72g (1.91%), Cholesterol: 115.34mg (38.45%), Sodium: 527.2mg (22.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.54g (47.09%), Selenium: 35.19µg (50.27%), Vitamin B12: 2.29µg (38.13%), Phosphorus: 359.84mg (35.98%), Vitamin B3: 4.05mg (20.26%), Vitamin B6: 0.36mg (17.8%), Calcium: 153.63mg (15.36%), Vitamin A: 714.98IU (14.3%), Vitamin B2: 0.22mg (12.84%), Potassium: 396.22mg (11.32%), Magnesium: 33.35mg (8.34%), Zinc: 1.01mg (6.75%), Vitamin E: 0.97mg (6.47%), Vitamin D: 0.97µg (6.46%), Vitamin B5: 0.64mg (6.38%), Folate: 24.46µg (6.11%), Vitamin B1: 0.06mg (4.18%), Iron: 0.47mg (2.6%), Manganese: 0.05mg (2.57%), Copper: 0.04mg (2.05%), Vitamin K: 1.87µg (1.78%)