



## Haddock Marinara

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**277 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 ounce canned tomatoes drained canned
- 2 tablespoons olive oil extra virgin
- 3 cloves garlic minced
- 1 pound haddock fillets
- 16 ounce pasta sauce
- 0.8 cup mozzarella cheese shredded
- 0.5 onion white finely chopped

### Equipment

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Coat the bottom of a baking dish with the olive oil.
- Sprinkle 1/2 the onion and garlic evenly in the baking dish, and cover with 1/2 the pasta sauce.
- Place the haddock fillets in the dish, top with tomatoes and remaining onion and garlic. Cover with remaining pasta sauce.
- Bake 20 minutes in the preheated oven. Top with mozzarella cheese, and continue baking 10 minutes, until cheese is melted and fish is easily flaked with a fork.

## Nutrition Facts

**PROTEIN 37.2%** **FAT 40.66%** **CARBS 22.14%**

## Properties

Glycemic Index:48.5, Glycemic Load:4.59, Inflammation Score:-7, Nutrition Score:20.376956690913%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

## Nutrients (% of daily need)

Calories: 276.61kcal (13.83%), Fat: 12.85g (19.76%), Saturated Fat: 3.93g (24.53%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 11.88g (4.32%), Sugar: 9.22g (10.25%), Cholesterol: 77.82mg (25.94%), Sodium: 1042.76mg (45.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.44g (52.89%), Selenium: 34.6µg (49.43%), Vitamin B12: 2.55µg (42.57%), Phosphorus: 401.55mg (40.16%), Vitamin B6: 0.63mg (31.54%), Vitamin B3: 6.2mg (31.02%), Vitamin E: 4.44mg (29.57%), Potassium: 996.96mg (28.48%), Vitamin C: 18.79mg (22.77%), Manganese: 0.38mg (18.85%), Vitamin A: 911.42IU (18.23%), Calcium: 175.44mg (17.54%), Copper: 0.35mg (17.51%), Magnesium: 66.81mg (16.7%), Fiber: 3.87g (15.47%), Iron: 2.77mg (15.39%), Vitamin B2: 0.26mg (15.03%), Vitamin K: 13.34µg (12.7%), Vitamin B5: 1.14mg (11.43%), Zinc: 1.54mg (10.29%), Folate: 40.86µg (10.22%), Vitamin B1: 0.14mg (9.43%), Vitamin D: 0.65µg (4.34%)