



Hot Biscuit Fish Melts

READY IN



35 min.

SERVINGS



5

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10.2 oz biscuits refrigerated canned
- 5 small cheddar cheese thin
- 0.3 cup ranch dressing or any ranch salad dressing
- 5 fillet fish fillet frozen
- 5 small romaine leaves
- 5 tomato

Equipment

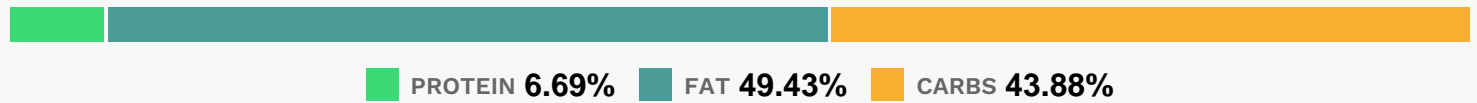
- baking sheet

oven

Directions

- Heat oven to 375F.
- Place biscuits and fish fillets on large ungreased cookie sheet.
- Bake 11 to 15 minutes or until biscuits are golden brown.
- Remove biscuits from cookie sheet.
- Increase oven temperature to 400F. Continue baking fish 5 to 10 minutes or until crisp and brown. Top each fillet with 1 cheese slice; bake 1 to 2 minutes longer or until cheese is melted.
- Meanwhile, split warm biscuits.
- Spread top halves with dressing.
- Place fish fillets on bottom halves of biscuits. Top with tomato and lettuce. Cover with top halves of biscuits.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:18.03, Inflammation Score:-8, Nutrition Score:10.756956436064%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 276.19kcal (13.81%), Fat: 15.29g (23.53%), Saturated Fat: 2.48g (15.5%), Carbohydrates: 30.55g (10.18%), Net Carbohydrates: 29.24g (10.63%), Sugar: 3.53g (3.92%), Cholesterol: 5.2mg (1.73%), Sodium: 668.04mg (29.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.31%), Vitamin A: 2017.61IU (40.35%), Phosphorus: 290.72mg (29.07%), Vitamin K: 20.62µg (19.64%), Vitamin B1: 0.28mg (18.9%), Selenium: 12.14µg (17.34%), Manganese: 0.34mg (16.75%), Folate: 54.58µg (13.65%), Vitamin B2: 0.21mg (12.56%), Iron: 2.24mg (12.45%), Vitamin B3: 2.24mg (11.2%), Vitamin C: 8.02mg (9.72%), Vitamin E: 1.26mg (8.39%), Potassium: 251.57mg (7.19%), Fiber: 1.32g (5.26%), Calcium: 50.21mg (5.02%), Magnesium: 17.06mg (4.27%), Vitamin B6: 0.08mg (3.93%), Copper: 0.07mg (3.36%), Vitamin B5: 0.3mg (3.02%), Zinc: 0.43mg (2.88%), Vitamin B12: 0.13µg (2.13%)