

Italian Fish Fillets

 Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



142 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce sushi-grade yellowtail flounder
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.5 cup tomatoes
- ☐ 3 ounces part-skim mozzarella cheese shredded

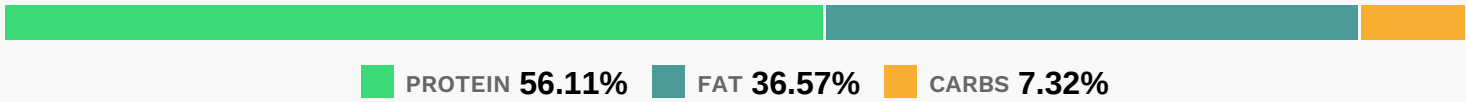
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place fillets in an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray. Top fillets evenly with marinara sauce. Arrange cheese evenly over sauce.
- ☐ Sprinkle evenly with Italian seasoning.
- ☐ Bake, uncovered, at 400 for 15 minutes or until fish flakes easily when tested with a fork. (It's best not to broil this recipe; the cheese may become tough.)

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:10.513912988746%

Nutrients (% of daily need)

Calories: 142.06kcal (7.1%), Fat: 5.69g (8.75%), Saturated Fat: 2.67g (16.69%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 1.89g (0.69%), Sugar: 1.35g (1.5%), Cholesterol: 64.64mg (21.55%), Sodium: 368.75mg (16.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.63g (39.26%), Selenium: 33.43µg (47.76%), Phosphorus: 393.22mg (39.32%), Vitamin B12: 1.46µg (24.26%), Vitamin D: 3.24µg (21.59%), Calcium: 202.36mg (20.24%), Vitamin E: 1.28mg (8.51%), Potassium: 296.55mg (8.47%), Vitamin B6: 0.16mg (8.06%), Magnesium: 31.25mg (7.81%), Vitamin B3: 1.53mg (7.64%), Zinc: 1.03mg (6.87%), Vitamin B2: 0.11mg (6.45%), Vitamin A: 280.8IU (5.62%), Vitamin K: 4.42µg (4.21%), Iron: 0.73mg (4.05%), Manganese: 0.08mg (3.79%), Vitamin B5: 0.33mg (3.26%), Copper: 0.07mg (3.26%), Folate: 11.52µg (2.88%), Fiber: 0.67g (2.69%), Vitamin C: 2.16mg (2.61%), Vitamin B1: 0.04mg (2.47%)