



Kelli's Baked Halibut

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup flour all-purpose
- ☐ 4 servings garlic salt to taste
- ☐ 4 servings ground pepper black to taste
- ☐ 1 pound pacific halibut filets
- ☐ 0.5 cup creamy salad dressing low-fat
- ☐ 1.5 cups saltines crushed
- ☐ 1 pinch seasoning salt

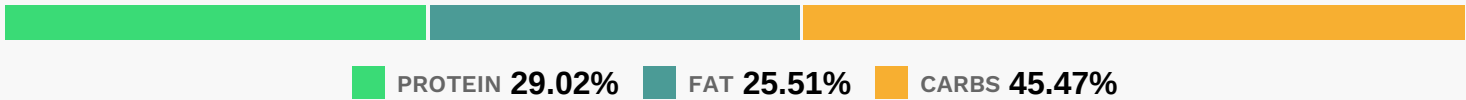
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Rinse fish fillets with water, and pat dry with paper towels.
- ☐ In a shallow bowl, mix together the cracker crumbs, garlic salt, pepper and seasoning salt. Set aside. Coat the fish fillets with flour, shaking off the excess, and place in a baking dish. Coat the tops of the fillets with salad dressing, then press on a layer of seasoned cracker crumbs. Flip over, and repeat on the other side.
- ☐ Bake for 25 minutes in the preheated oven, until fish is white and flakes easily with a fork.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:12.95, Inflammation Score:-5, Nutrition Score:19.796956379129%

Nutrients (% of daily need)

Calories: 368.98kcal (18.45%), Fat: 10.21g (15.7%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 40.93g (13.64%), Net Carbohydrates: 39.54g (14.38%), Sugar: 3.58g (3.97%), Cholesterol: 55.57mg (18.52%), Sodium: 819.79mg (35.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.13g (52.25%), Selenium: 62.95µg (89.93%), Vitamin B3: 10.5mg (52.48%), Vitamin D: 5.33µg (35.53%), Vitamin B6: 0.67mg (33.67%), Phosphorus: 324.27mg (32.43%), Vitamin B1: 0.43mg (28.73%), Folate: 91.69µg (22.92%), Vitamin K: 23.35µg (22.24%), Vitamin B12: 1.27µg (21.18%), Manganese: 0.41mg (20.73%), Potassium: 584.31mg (16.69%), Vitamin B2: 0.28mg (16.34%), Iron: 2.82mg (15.66%), Vitamin E: 1.65mg (11.01%), Magnesium: 38.92mg (9.73%), Vitamin B5: 0.62mg (6.18%), Fiber: 1.39g (5.57%), Zinc: 0.78mg (5.17%), Copper: 0.1mg (5.17%), Calcium: 20.83mg (2.08%), Vitamin A: 87.36IU (1.75%)