



Mediterranean Baked Fish

 Gluten Free

READY IN



37 min.

SERVINGS



37

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes drained canned
- 1 lb filets frozen thawed (Do not separate fillets.)
- 0.5 cup athenos feta cheese with lemon, garlic & oregano crumbled
- 1 optional: lemon cut into 4 wedges
- 0.3 cup sun tomato vinaigrette dressing dried kraft
- 2 medium zucchini sliced

Equipment

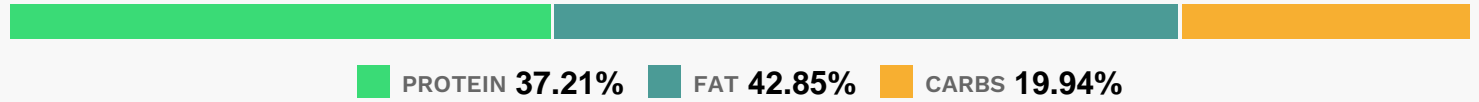
- oven

baking pan

Directions

- Preheat oven to 400F.
- Cut opened package of fish into 4 equal pieces.
- Mix zucchini and tomatoes in 9-inch square baking dish; top with fish. Spoon 1 Tbsp. of the dressing over each piece of fish.
- Bake 15 minutes; sprinkle with cheese.
- Bake an additional 8 to 12 minutes or until fish flakes easily with fork.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:2.85, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:2.2847826014394%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 29.09kcal (1.45%), Fat: 1.44g (2.21%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.85g (0.95%), Cholesterol: 7.08mg (2.36%), Sodium: 44.81mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.61%), Selenium: 4.49µg (6.41%), Vitamin C: 4.55mg (5.52%), Phosphorus: 39.64mg (3.96%), Vitamin B6: 0.07mg (3.72%), Potassium: 115.13mg (3.29%), Vitamin K: 2.74µg (2.61%), Vitamin B12: 0.15µg (2.43%), Vitamin B2: 0.04mg (2.42%), Vitamin B3: 0.45mg (2.27%), Magnesium: 8.59mg (2.15%), Manganese: 0.04mg (2.08%), Vitamin E: 0.31mg (2.07%), Calcium: 18.06mg (1.81%), Vitamin B1: 0.03mg (1.76%), Fiber: 0.39g (1.57%), Copper: 0.03mg (1.52%), Folate: 5.77µg (1.44%), Iron: 0.26mg (1.42%), Zinc: 0.18mg (1.19%), Vitamin A: 58.35IU (1.17%)