

Mexican Baked Fish

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled sliced
- ☐ 1.5 pounds cod
- ☐ 0.5 cup coarsely corn chips crushed
- ☐ 1 cup salsa
- ☐ 1 cup sharp cheddar cheese shredded
- ☐ 0.3 cup cup heavy whipping cream sour

Equipment

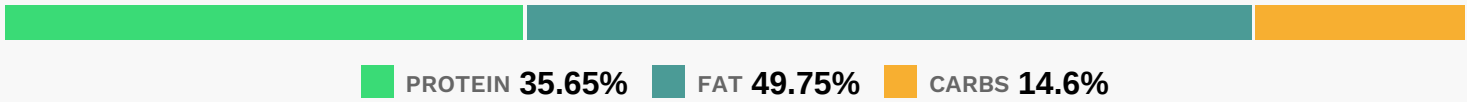
- ☐ paper towels

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease one 8x12 inch baking dish.
- ☐ Rinse fish fillets under cold water, and pat dry with paper towels.
- ☐ Lay fillets side by side in the prepared baking dish.
- ☐ Pour the salsa over the top, and sprinkle evenly with the shredded cheese. Top with the crushed corn chips.
- ☐ Bake, uncovered, in the preheated oven for 15 minutes, or until fish is opaque and flakes with a fork.
- ☐ Serve topped with sliced avocado and sour cream.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.37, Inflammation Score:-6, Nutrition Score:15.523478362871%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 294.49kcal (14.72%), Fat: 16.48g (25.35%), Saturated Fat: 5.77g (36.08%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 7.57g (2.75%), Sugar: 2.28g (2.53%), Cholesterol: 73.25mg (24.42%), Sodium: 511.68mg (22.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.56g (53.13%), Selenium: 44.3µg (63.29%), Phosphorus: 369.25mg (36.93%), Vitamin B6: 0.47mg (23.47%), Potassium: 779.65mg (22.28%), Vitamin B12: 1.25µg (20.86%), Calcium: 187.25mg (18.72%), Vitamin E: 2.66mg (17.7%), Vitamin B3: 3.49mg (17.44%), Magnesium: 63.83mg (15.96%), Vitamin B2: 0.24mg (13.88%), Fiber: 3.32g (13.27%), Vitamin A: 550.68IU (11.01%), Zinc: 1.63mg (10.86%), Folate: 41.92µg (10.48%), Vitamin K: 10.03µg (9.55%), Vitamin B1: 0.13mg (8.97%), Vitamin B5: 0.88mg (8.78%), Vitamin D: 1.13µg (7.56%), Manganese: 0.15mg (7.42%), Copper: 0.14mg (6.95%), Vitamin C: 5.39mg (6.54%), Iron: 0.92mg (5.12%)