



## Mushroom, Cheese, and Haddock Bake

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons butter
- 6 ounce button mushrooms chopped
- 0.8 cup colby-monterey jack cheese shredded
- 0.1 teaspoon parsley dried
- 1 tablespoon garlic powder
- 0.5 bunch green onions chopped
- 2 pounds haddock fillets
- 1 tablespoon olive oil

- 0.1 teaspoon chile peppers dried red
- 4 servings salt and pepper to taste

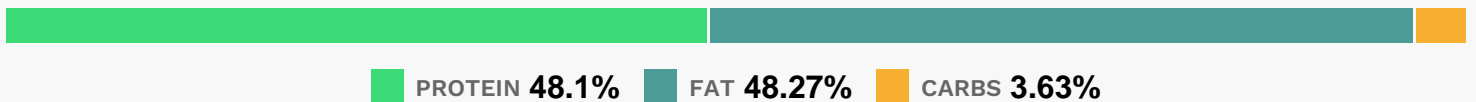
## Equipment

- oven
- baking pan
- aluminum foil

## Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- Heat olive oil in a skillet over medium-high heat, then add green onions and mushrooms; cook and stir until tender, about 5 minutes. Season haddock with salt, pepper, garlic powder and dried chile pepper and place in the baking dish. Top with green onion and mushroom mixture, then dot with butter.
- Sprinkle parsley on top.
- Cover with foil and bake in the preheated oven for 15 minutes.
- Remove foil and top haddock with cheese and return baking dish to the oven. Continue baking until the fish flakes easily with a fork and the cheese is melted, 15 to 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:43.25, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:22.112174080766%

## Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 370.53kcal (18.53%), Fat: 19.63g (30.2%), Saturated Fat: 10.16g (63.51%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.14g (1.26%), Cholesterol: 163.9mg (54.63%), Sodium: 875.54mg (38.07%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.01g (88.02%), Selenium: 66.37µg (94.82%), Vitamin B12: 4.36µg (72.68%), Phosphorus: 657.64mg (65.76%), Vitamin B3: 9.23mg (46.16%), Vitamin B6: 0.73mg (36.74%), Potassium: 838.73mg (23.96%), Vitamin B2: 0.39mg (23.15%), Calcium: 190.8mg (19.08%), Vitamin B5: 1.63mg (16.25%), Magnesium: 59.68mg (14.92%), Vitamin A: 625.37IU (12.51%), Vitamin E: 1.86mg (12.42%), Zinc: 1.67mg (11.1%), Folate: 41.52µg (10.38%), Copper: 0.2mg (10.17%), Vitamin K: 10.03µg (9.55%), Vitamin D: 1.35µg (8.97%), Vitamin B1: 0.09mg (6.27%), Iron: 0.94mg (5.23%), Manganese: 0.07mg (3.69%), Fiber: 0.73g (2.91%), Vitamin C: 1.53mg (1.86%)