



Mustardy Deep Sea Perch Casserole

READY IN



50 min.

SERVINGS



4

CALORIES



329 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 bananas peeled sliced
- 2 tablespoons butter
- 3 tablespoons flour all-purpose
- 0.3 cup hazelnuts chopped
- 2 teaspoons juice of lemon fresh
- 0.8 cup milk
- 2 tablespoons mustard coarse-grained
- 0.5 teaspoon paprika
- 1 dash pepper sauce hot

- 1 pound deep sea perch fillets boneless
- 2 tablespoons raisins seedless
- 4 servings salt and pepper black to taste

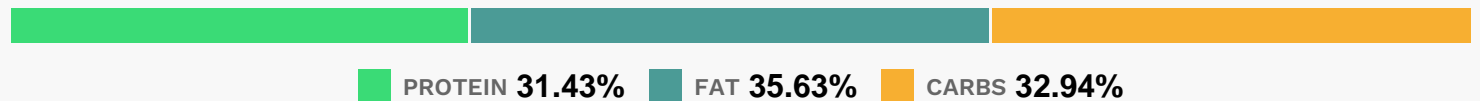
Equipment

- frying pan
- oven
- baking pan

Directions

- Melt butter in a skillet over medium heat. Gradually stir in flour, and cook until slightly brown. Gradually stir in the milk, raisins, and hazelnuts, stirring constantly. Continue stirring, and add the mustard, lemon juice, and hot pepper sauce.
- Remove from heat, and set aside.
- Preheat the oven to 375 degrees F (190 degrees C). Season the fish fillets with salt, pepper, and paprika on both sides.
- Place the fillets in a single layer in an oven-proof baking dish. Arrange banana slices over the fish, then pour the mustard sauce over all.
- Bake for about 30 to 40 minutes in the preheated oven, or until fish flakes easily with a fork.

Nutrition Facts



Properties

Glycemic Index:84.64, Glycemic Load:13.72, Inflammation Score:-6, Nutrition Score:19.262608787288%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 328.95kcal (16.45%), Fat: 13.33g (20.5%), Saturated Fat: 5.11g (31.92%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 24.39g (8.87%), Sugar: 9.94g (11.04%), Cholesterol: 122.6mg (40.87%), Sodium: 412.65mg (17.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.45g (52.9%), Manganese: 1.51mg (75.62%), Vitamin B12: 2.41µg (40.23%), Phosphorus: 330.2mg (33.02%), Selenium: 20.52µg (29.31%), Vitamin D: 3.91µg (26.03%), Vitamin B6: 0.45mg (22.56%), Potassium: 725.06mg (20.72%), Copper: 0.38mg (19.21%), Magnesium: 75.49mg (18.87%), Calcium: 168.68mg (16.87%), Vitamin B2: 0.28mg (16.49%), Vitamin B1: 0.24mg (16%), Vitamin B3: 2.79mg (13.94%), Vitamin B5: 1.35mg (13.55%), Fiber: 3.34g (13.36%), Zinc: 1.84mg (12.26%), Iron: 2.16mg (11.99%), Vitamin E: 1.7mg (11.35%), Vitamin C: 8.96mg (10.86%), Folate: 37.82µg (9.46%), Vitamin A: 450.97IU (9.02%), Vitamin K: 2.43µg (2.32%)