



Oven-Roasted Fish Dinner

READY IN



35 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup yogurt plain fat free yoplait® (from 32-oz container)
- 1 lb fish fillet
- 0.5 teaspoon lemon pepper
- 1 teaspoon oregano dried
- 1 medium bell pepper red cut into 8-inch pieces
- 1 medium onion red cut into wedges
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil
- 0.5 cup cornmeal yellow

- 1 medium zucchini cut into 1-inch pieces (1 1/2 cups)
- 0.5 cup baking mix bisquick heart smart®

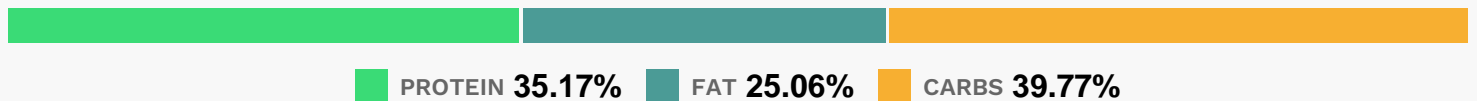
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 450F. Spray 15x10x1-inch pan with cooking spray.
- In medium bowl, mix Bisquick mix, cornmeal, oregano and salt. Dip fish into yogurt, then coat with Bisquick mixture.
- Place in one side of pan. Toss remaining ingredients; spoon into other side of pan.
- Bake uncovered 18 to 22 minutes or until vegetables are crisp-tender and fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:44.88, Glycemic Load:9.78, Inflammation Score:-9, Nutrition Score:23.046087057694%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 325.61kcal (16.28%), Fat: 9.16g (14.1%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 32.73g (10.91%), Net Carbohydrates: 28.69g (10.43%), Sugar: 8.07g (8.97%), Cholesterol: 57.61mg (19.2%), Sodium: 571.81mg (24.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.94g (57.89%), Selenium: 51.12µg (73.03%), Vitamin C: 49.22mg (59.66%), Phosphorus: 408.79mg (40.88%), Vitamin B12: 2.04µg (33.95%), Vitamin B3: 6.21mg (31.03%), Vitamin B6: 0.53mg (26.7%), Vitamin D: 3.52µg (23.44%), Folate: 88.3µg (22.07%), Manganese: 0.44mg (21.75%),

Potassium: 749.5mg (21.41%), Vitamin A: 1042.64IU (20.85%), Magnesium: 78.38mg (19.59%), Vitamin B2: 0.31mg (18.18%), Vitamin B1: 0.26mg (17.27%), Fiber: 4.04g (16.16%), Vitamin K: 16.11µg (15.34%), Calcium: 125.85mg (12.58%), Iron: 2.25mg (12.5%), Vitamin B5: 1.24mg (12.36%), Zinc: 1.67mg (11.15%), Copper: 0.21mg (10.47%), Vitamin E: 1.45mg (9.69%)