



Pescado Gratinado con Camarones (Fish and Shrimp Au Gratin)

READY IN



45 min.

SERVINGS



2

CALORIES



991 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 0.3 cup cheddar cheese
- ☐ 4 tablespoons flour
- ☐ 1 garlic clove minced
- ☐ 0.5 tablespoon garlic powder
- ☐ 0.5 tablespoon ground cumin
- ☐ 2 servings lime for serving
- ☐ 0.3 cup mozzarella cheese

- ☐ 0.5 cup onion grated
- ☐ 0.5 tablespoon onion powder
- ☐ 0.5 tablespoon paprika
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 servings salt and pepper
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 2 swordfish steaks
- ☐ 2 cups milk whole

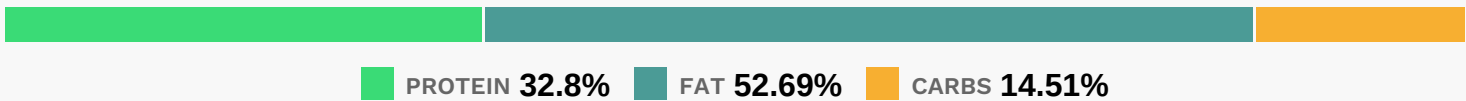
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ To make the sauce:In a heavy skillet over medium heat, melt the butter and saute the onions and garlic until soft.
- ☐ Add the flour and stir for about 2 minutes.
- ☐ Add the milk and cook over medium heat, stirring constantly, about 5 minutes.
- ☐ Add the cheese and stir until the cheese melts.Preheat oven to 400 degrees F.Season the fish with salt, pepper, cumin, paprika, onion powder and garlic powder.
- ☐ Place the fish in lightly greased individual baking dishes. Top with the shrimp and add the sauce on top.
- ☐ Sprinkle each with parmesan cheese.
- ☐ Place in the oven and bake for about 8 to 10 minutes or until bubbly.
- ☐ Remove from oven and serve warm with lime wedges on the side.

Nutrition Facts



Properties

Glycemic Index:165.5, Glycemic Load:14.07, Inflammation Score:-9, Nutrition Score:44.225652259329%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 991.31kcal (49.57%), Fat: 58.13g (89.43%), Saturated Fat: 30.31g (189.43%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 33.5g (12.18%), Sugar: 14.21g (15.79%), Cholesterol: 431.19mg (143.73%), Sodium: 1365.33mg (59.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 81.41g (162.83%), Selenium: 124.07µg (177.24%), Vitamin D: 26.58µg (177.2%), Phosphorus: 1260.33mg (126.03%), Vitamin B12: 5.06µg (84.36%), Calcium: 822.35mg (82.23%), Vitamin B3: 14.72mg (73.62%), Vitamin B6: 1.27mg (63.69%), Vitamin A: 2636.85IU (52.74%), Potassium: 1645.67mg (47.02%), Vitamin B2: 0.74mg (43.71%), Zinc: 6.15mg (41.03%), Magnesium: 154.42mg (38.6%), Vitamin E: 5.08mg (33.84%), Copper: 0.62mg (31.06%), Vitamin B1: 0.45mg (30.25%), Iron: 3.83mg (21.3%), Manganese: 0.39mg (19.65%), Vitamin B5: 1.91mg (19.06%), Folate: 48.41µg (12.1%), Fiber: 2.53g (10.11%), Vitamin C: 6.03mg (7.31%), Vitamin K: 5.79µg (5.51%)