



Prosciutto & pesto fish gratin

READY IN



20 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

Ingredients

- ☐ 4 fillet chunky fish white
- ☐ 4 slices pancetta
- ☐ 200 g pot crème fraîche
- ☐ 3 tbsp basil pesto
- ☐ 25 g parmesan finely grated
- ☐ 1 tbsp pinenuts
- ☐ 4 servings top good

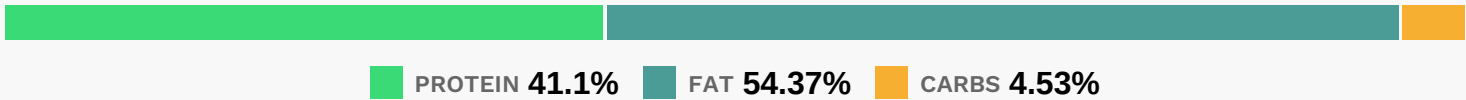
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Season the fish all over, then wrap each fillet in a slice of ham. Put into a large baking dish. Dot the crme frache between the fillets and over the exposed ends of the fish. Dot the pesto around the fish, too. Scatter with the cheese.
- ☐ Bake the fish for 15–20 mins, adding the pine nuts halfway through, until the crme frache has made a sauce around the fish, and the cheese and ham are turning golden.
- ☐ Serve with plenty of crusty bread to mop up the sauce.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:18.825217431006%

Nutrients (% of daily need)

Calories: 383.14kcal (19.16%), Fat: 23.28g (35.81%), Saturated Fat: 8.98g (56.13%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 4.07g (1.48%), Sugar: 2.25g (2.5%), Cholesterol: 124.93mg (41.64%), Sodium: 368.24mg (16.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.59g (79.18%), Selenium: 76.23µg (108.9%), Vitamin B12: 2.91µg (48.43%), Phosphorus: 397.32mg (39.73%), Vitamin B3: 7.18mg (35.89%), Vitamin D: 5.33µg (35.56%), Potassium: 613.59mg (17.53%), Vitamin B6: 0.33mg (16.31%), Calcium: 160.93mg (16.09%), Magnesium: 61.21mg (15.3%), Manganese: 0.3mg (14.79%), Vitamin B2: 0.23mg (13.43%), Vitamin A: 590.8IU (11.82%), Folate: 46.32µg (11.58%), Vitamin B5: 1.08mg (10.8%), Copper: 0.18mg (8.82%), Vitamin B1: 0.12mg (8.03%), Zinc: 1.16mg (7.76%), Vitamin E: 1.15mg (7.69%), Iron: 1.31mg (7.3%), Vitamin K: 4.59µg (4.37%), Fiber: 0.29g (1.18%)