



Sassy Fish Bake with Tomato-Bacon-Avocado Salsa

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon salt
- 1 teaspoon paprika smoked spanish
- 0.5 teaspoon chipotle sauce
- 0.5 teaspoon lemon pepper
- 0.5 cup evaporated milk mixed with 2 teaspoons water
- 1.5 lb tilapia
- 1 serving pam original flavor shopping list

- 4 slices bacon smoked crumbled cooked
- 2 avocado pitted peeled chopped
- 2 cups tomatoes diced seeded (2 large)
- 0.3 cup onion red chopped
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons juice of lime
- 0.5 teaspoon salt
- 0.3 teaspoon pepper freshly ground
- 1 cup frangelico

Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 375°F. Spray 15x10x1-inch baking pan with cooking spray.
- In shallow dish, mix Bisquick mix, salt, paprika, chile powder and lemon-pepper seasoning. In another shallow dish, place evaporated milk. Dip fillets in milk, then coat with seasoned Bisquick mixture (discard any remaining mixture).
- Place fillets in baking dish. Spray tops of fillets with cooking spray to moisten.
- Bake uncovered 15 to 20 minutes or until fish flakes easily with fork. Meanwhile, in large bowl, mix all salsa ingredients.
- Let stand 10 to 15 minutes. Stir well; taste and adjust seasoning as needed.
- To serve, place fish on warm plates and top each fillet with 1/2 cup of salsa.

Nutrition Facts

 **PROTEIN 31.4%**  **FAT 55.75%**  **CARBS 12.85%**

Properties

Glycemic Index:36, Glycemic Load:1.22, Inflammation Score:-7, Nutrition Score:21.015217242034%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 361.44kcal (18.07%), Fat: 23.09g (35.52%), Saturated Fat: 6.28g (39.26%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 6.4g (2.33%), Sugar: 4.53g (5.03%), Cholesterol: 78.63mg (26.21%), Sodium: 636.26mg (27.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.25g (58.51%), Selenium: 53.07µg (75.81%), Vitamin B3: 6.95mg (34.77%), Vitamin B12: 1.95µg (32.42%), Phosphorus: 321.77mg (32.18%), Potassium: 929.58mg (26.56%), Vitamin B6: 0.49mg (24.57%), Vitamin D: 3.63µg (24.22%), Folate: 93.42µg (23.36%), Fiber: 5.57g (22.29%), Vitamin K: 22.52µg (21.44%), Vitamin C: 16.24mg (19.69%), Vitamin B5: 1.83mg (18.27%), Magnesium: 65.92mg (16.48%), Vitamin E: 2.37mg (15.83%), Vitamin A: 783.83IU (15.68%), Vitamin B2: 0.26mg (15.44%), Copper: 0.27mg (13.37%), Vitamin B1: 0.19mg (12.87%), Manganese: 0.25mg (12.55%), Zinc: 1.37mg (9.15%), Calcium: 85.66mg (8.57%), Iron: 1.41mg (7.83%)