



Simple, Baked Finnan Haddie

READY IN



40 min.

SERVINGS



6

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 2 tablespoons flour all-purpose
- 2 pounds haddock fillets smoked
- 2 cups warm milk

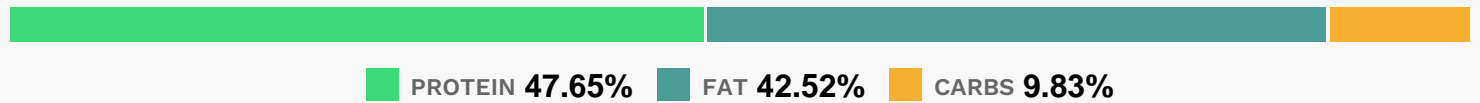
Equipment

- oven
- whisk
- glass baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Place smoked haddock into a glass baking dish.
- Whisk flour into the melted butter until smooth, then whisk in milk, and pour over the haddock.
- Bake in preheated oven until the sauce has thickened, and the fish flakes easily with a fork, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:2.83, Inflammation Score:-4, Nutrition Score:13.833913115056%

Nutrients (% of daily need)

Calories: 237.6kcal (11.88%), Fat: 10.98g (16.89%), Saturated Fat: 6.52g (40.72%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 5.64g (2.05%), Sugar: 3.92g (4.36%), Cholesterol: 111.74mg (37.25%), Sodium: 413.82mg (17.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.68g (55.36%), Selenium: 41.65µg (59.5%), Vitamin B12: 3.22µg (53.7%), Phosphorus: 430.33mg (43.03%), Vitamin B3: 5.32mg (26.61%), Vitamin B6: 0.48mg (23.79%), Potassium: 559.37mg (15.98%), Vitamin B2: 0.21mg (12.59%), Calcium: 119.32mg (11.93%), Vitamin D: 1.65µg (11%), Magnesium: 42.25mg (10.56%), Vitamin B5: 0.93mg (9.34%), Vitamin A: 454.31IU (9.09%), Vitamin B1: 0.1mg (6.39%), Vitamin E: 0.94mg (6.28%), Folate: 23µg (5.75%), Zinc: 0.84mg (5.62%), Iron: 0.37mg (2.08%), Manganese: 0.04mg (1.85%), Copper: 0.04mg (1.81%), Vitamin K: 1.06µg (1.01%)