



Simple Broiled Haddock

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter cut in small pieces
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 pounds haddock fillets
- ☐ 1 optional: lemon cut into wedges
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon paprika

☐ 0.5 teaspoon salt

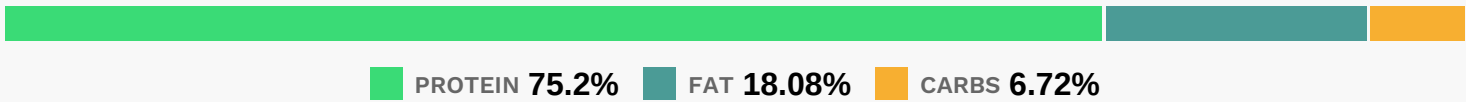
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler. Line a baking sheet with aluminum foil and spray with cooking spray.
- ☐ Arrange haddock fillets on the prepared baking sheet.
- ☐ Mix onion powder, paprika, garlic powder, salt, black pepper, and cayenne pepper in a small bowl; sprinkle seasoning over haddock. Dot haddock with pieces of butter.
- ☐ Broil in the preheated oven until fish is easily flaked with a fork, 6 to 8 minutes.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:17.728260822918%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 204.58kcal (10.23%), Fat: 4.01g (6.17%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 2.34g (0.85%), Sugar: 0.74g (0.83%), Cholesterol: 129.99mg (43.33%), Sodium: 797.47mg (34.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.5g (75.01%), Selenium: 59.05µg (84.35%), Vitamin B12: 4.16µg (69.27%), Phosphorus: 523.89mg (52.39%), Vitamin B3: 7.7mg (38.49%), Vitamin B6: 0.68mg (33.81%), Potassium: 705.27mg (20.15%), Vitamin C: 14.47mg (17.54%), Magnesium: 51.5mg (12.87%), Vitamin B5: 0.98mg (9.84%), Vitamin E: 1.26mg (8.39%), Vitamin B2: 0.14mg (8.31%), Vitamin A: 399.19IU (7.98%), Folate: 30.92µg (7.73%), Vitamin D: 1.13µg (7.56%), Zinc: 0.78mg (5.23%), Fiber: 1.01g (4.05%), Vitamin B1: 0.06mg (4.04%), Manganese: 0.08mg (3.95%), Iron: 0.67mg (3.71%), Calcium: 36.11mg (3.61%), Copper: 0.07mg (3.34%), Vitamin K: 1.19µg (1.14%)