



## Southwestern Sole

 Gluten Free

READY IN



26 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon cilantro leaves fresh chopped
- 1 clove garlic minced
- 2 ounces monterrey jack cheese shredded with peppers
- 1 cup no-salt-added salsa
- 1 pound sole fillets (or flounder)

## Equipment

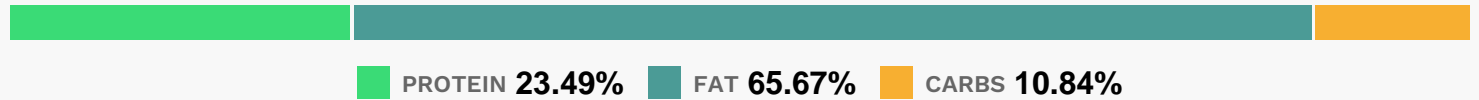
- oven
- baking pan

slotted spoon

## Directions

- Arrange fish in an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray.
- Combine salsa, chopped cilantro, and garlic; spoon mixture over fish.
- Bake, uncovered, at 350 for 15 minutes or until fish flakes easily when tested with a fork.
- Sprinkle with cheese; bake 3 additional minutes or until cheese melts.
- Remove fish from baking dish, using a slotted spoon. If desired, garnish with cilantro sprigs and lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:20.918260833491%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 519.1kcal (25.96%), Fat: 39.64g (60.99%), Saturated Fat: 9.85g (61.57%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 11.49g (4.18%), Sugar: 6.85g (7.61%), Cholesterol: 63.64mg (21.21%), Sodium: 188.04mg (8.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.9g (63.81%), Phosphorus: 565.97mg (56.6%), Selenium: 34.97µg (49.96%), Manganese: 0.98mg (48.8%), Vitamin B3: 9.65mg (48.24%), Vitamin E: 6.62mg (44.16%), Magnesium: 132.81mg (33.2%), Vitamin B12: 1.4µg (23.32%), Vitamin D: 3.26µg (21.73%), Vitamin B6: 0.42mg (20.81%), Calcium: 162.59mg (16.26%), Folate: 64.42µg (16.11%), Zinc: 2.42mg (16.11%), Potassium: 556.36mg (15.9%), Copper: 0.3mg (15.04%), Fiber: 3.24g (12.97%), Vitamin B2: 0.2mg (11.93%), Vitamin B5: 0.93mg (9.28%), Vitamin B1: 0.13mg (8.36%), Iron: 1.44mg (8.02%), Vitamin A: 153.24IU (3.06%)