



Wilma's Fish Casserole

READY IN



80 min.

SERVINGS



8

CALORIES



321 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups unseasoned bread cubes soft
- ☐ 0.5 cup butter
- ☐ 1 cup buttery round crackers crushed
- ☐ 21.5 ounce cream of mushroom soup canned
- ☐ 1 pinch basil dried
- ☐ 1 pinch marjoram dried
- ☐ 1 pinch thyme leaves dried
- ☐ 1 pinch savoury
- ☐ 1.5 pounds haddock fillets

- ☐ 0.5 cup milk
- ☐ 1 onion minced
- ☐ 1 pinch salt

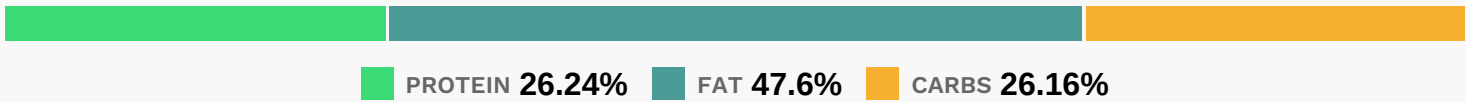
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x13 inch baking dish.
- ☐ Mix the diced bread, onion, salt and herbs together.
- ☐ Combine the soup with milk, stirring until creamy.
- ☐ In the bottom of the prepared dish, layer half of the fish, half of the bread mixture and half of the soup mixture. Repeat layers and cover top with cracker crumbs and dot with butter.
- ☐ Bake uncovered in a preheated oven for 1 hour or until fish is flaky with a fork.

Nutrition Facts



Properties

Glycemic Index:25.08, Glycemic Load:5.92, Inflammation Score:-5, Nutrition Score:13.540869609169%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 321.26kcal (16.06%), Fat: 16.93g (26.05%), Saturated Fat: 9.14g (57.1%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 19.38g (7.05%), Sugar: 3.15g (3.5%), Cholesterol: 82.07mg (27.36%), Sodium: 989.47mg (43.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21g (42%), Selenium: 28.94µg (41.34%), Vitamin B12: 1.78µg (29.75%), Manganese: 0.58mg (28.79%), Phosphorus: 286.47mg (28.65%), Vitamin B3: 5.14mg (25.71%), Vitamin B6: 0.33mg (16.45%), Potassium: 430.84mg (12.31%), Vitamin B2: 0.2mg (11.68%), Iron: 2.09mg (11.64%), Vitamin B1: 0.17mg (11.22%), Copper: 0.22mg (11.07%), Folate: 42.63µg (10.66%), Zinc: 1.49mg (9.96%), Magnesium:

38.56mg (9.64%), Vitamin A: 446.8IU (8.94%), Vitamin K: 9.31µg (8.86%), Calcium: 83.96mg (8.4%), Vitamin B5: 0.78mg (7.78%), Vitamin E: 1.04mg (6.94%), Fiber: 1.56g (6.25%), Vitamin D: 0.59µg (3.95%), Vitamin C: 1.2mg (1.45%)