



# Fish with Tomatoes

**Number of Servings:** 2  
**Calories Per Serving:** 255  
**PCF Ratio:** 41-27-32

Single Serving Comment: 1/3 of recipe

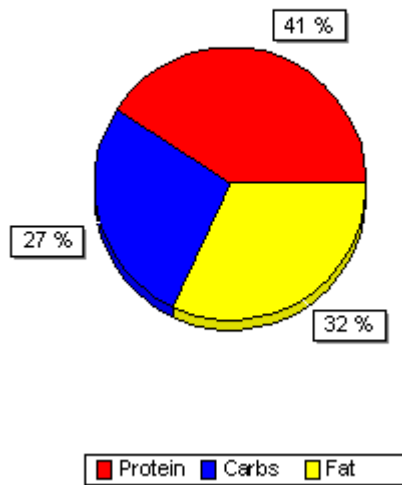
## Cooking Instructions

Ingredients:

- 250g Sole or other Flatfish
  - 30 ripe Cherry Tomatoes
  - 3 Garlic Cloves
  - 1 tbsp Olive Oil
  - 5 fresh Basil Leaves
  - 1 tsp Dried Oregano
- (serves 2)

Wash tomatoes and place in baking dish with whole cloves of garlic. Add basil and oregano and olive oil. Roast in oven at 350 degrees until soft. Place fish pieces on top of tomatoes and continue roasting until fish is cooked.

41-27-32 Ratio



Nutrition Information	
Serving Size: 1/3 of recipe (406g)	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 2g	<b>7%</b>
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 4g	<b>14%</b>
Sugars 7 g	
<b>Protein</b> 27 g	
Vitamin A 35%	Vitamin C 120%
Calcium 8%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet	

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
FLATFISH, FLOUNDER & SOLE SPECIES, COOKED	flounder & sole species	9 oz	255	232.1	48						
TOMATO, RED, RIPE, RAW	Jun thru Oct avg	30	510	107.1	4.2	23.7	14.4				
GARLIC, RAW		10 cloves	30	44.7	1.9	9.9	.3				
OLIVE OIL	salad or cooking	1 tbsp	14	119.3							
BASIL, FRESH		5 leaves	3	.7	.1	.1					

**Fish with Tomatoes (continued)**

OREGANO, DRIED, GROUND		1 tsp	2	5.5	.2	1.2	.1	.0	.0	.0			
Recipe Total:			813	509.4	54.4	34.9	14.8	.0	.0	.0			
Single Serving Total:			406	254.7	27.2	17.4	7.4	.0	.0				

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)
FLATFISH, FLOUNDER & SOLE SPECIES, COOKED				3	.7	.5	.1	122.4		25.5	84.2	.2	.2	7.4
TOMATO, RED, RIPE, RAW			5.7	1.8	.3					158.1	3177.3	.3	.3	3.3
GARLIC, RAW			.6	.2	.0		.1					.1	.0	.2
OLIVE OIL				13.5	1.9	.1	1.3							
BASIL, FRESH			.1	.0						6.6	131.9			.0
OREGANO, DRIED, GROUND			.8	.2	.0	.1	.0			6.2	124.3			.1
Recipe Total:			7.2	18.7	3	.7	1.5	122.4		196.4	3517.6	.6	.5	11
Single Serving Total:			3.6	9.3	1.5	.4	.8	61.2		98.2	1758.8	.3	.3	5.5

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
FLATFISH, FLOUNDER & SOLE SPECIES, COOKED	1.3	.5	20.4	20.4		20.4	3.9		4.3	153	1.3		45.9	79.1
TOMATO, RED, RIPE, RAW	1.2	.3	76.5	76.5		76.5			132.6		1.8		25.5	56.1
GARLIC, RAW	.2	.4	.9	.9		.9			9.4				54.3	7.5
OLIVE OIL											1.9		.1	
BASIL, FRESH			1.6	1.6		1.6			.4				3.8	2
OREGANO, DRIED, GROUND		.0	4.9	4.9		4.9			.9		.3		28.4	4.9
Recipe Total:			2.7	1.2	104.3	104.3	104.3	3.9	147.6	153	5.4		158.1	149.5
Single Serving Total:			1.3	.6	52.2	52.2	52.2	1.9	73.8	76.5	2.7		79	74.8

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
FLATFISH, FLOUNDER & SOLE SPECIES, COOKED	469.2	920.6	206.6			.1			.9	.0		83.4	1.1

**Fish with Tomatoes (continued)**

TOMATO, RED, RIPE, RAW	122.4	1132.2	45.9			.3			2.4	.6		2.1	.6	
GARLIC, RAW	45.9	120.3	5.1			.1			.5	.5		4.3	.3	
OLIVE OIL		.1	.3						.1					
BASIL, FRESH	1.7	11.6	.1						.1	.0			.0	
OREGANO, DRIED, GROUND	3.6	30	.3			.0			.8	.1		.1	.1	
Recipe Total:	<b>642.8</b>	<b>2214.8</b>	<b>258.2</b>			<b>.5</b>			<b>4.8</b>	<b>1.3</b>		<b>89.9</b>	<b>2.2</b>	
Single Serving Total:	<b>321.4</b>	<b>1107.4</b>	<b>129.1</b>			<b>.2</b>			<b>2.4</b>	<b>.6</b>		<b>44.9</b>	<b>1.1</b>	