

Fish Fillets Au Gratin

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

1 pound white or light fish fillets
1 can cream of celery soup OR cream
of mushroom soup
1/2 cup Cheddar cheese, grated
salt (to taste)
pepper (to taste)
2 tablespoons bread crumbs
1 tablespoon Parmesan cheese, grated
paprika

Preheat the oven to 375 degrees.

Spread the fillets in a well-greased flat
casserole.

In a small saucepan, mix the soup, Cheddar
cheese, salt and pepper. Heat until the cheese
is melted. Pour over the fish.

In a bowl, mix the crumbs with the Parmesan
cheese. Sprinkle on top of the fish. Shake a
little paprika on top.

Bake, 35 to 45 minutes until the fish flakes
readily and the surface is bubbly and golden.
(The exact time will depend on the thickness of
the fish.)

Per Serving (excluding unknown
items): 76 Calories; 5g Fat (62.3%
calories from fat); 4g Protein; 3g
Carbohydrate; trace Dietary Fiber;
16mg Cholesterol; 140mg Sodium.
Exchanges: 0 Grain(Starch); 1/2
Lean Meat; 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	76	Vitamin B6 (mg):	trace
% Calories from Fat:	62.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	14.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	23.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	6mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	16mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	4g
Sodium (mg):	140mg
Potassium (mg):	23mg
Calcium (mg):	127mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	159IU
Vitamin A (r.e.):	47 1/2RE

Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 76 Calories from Fat: 47

% Daily Values*

Total Fat 5g	8%
Saturated Fat 3g	16%
Cholesterol 16mg	5%
Sodium 140mg	6%
Total Carbohydrates 3g	1%
Dietary Fiber trace	0%
Protein 4g	
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Vitamin A	3%
Vitamin C	0%
Calcium	13%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.