

Fish Fillet Rolls with Sesame Seeds

*Louise Rousseau Brunner
Casserole Treasury (1964)*

Servings: 6

*1 1/2 pounds fillet of flounder
1 teaspoon salt
1/8 teaspoon pepper
1 1/2 cups milk
3 tablespoons butter
3 tablespoons flour
1/4 cup toasted sesame seeds
1/4 pound Cheddar cheese, grated
3 tablespoons lemon juice
paprika*

Preheat the oven to 350 degrees.

Roll up the fillets; fasten with toothpicks. Place in a rather shallow greased casserole. Sprinkle with salt and pepper. Pour the milk over the top.

Bake, covered, for 30 to 40 minutes or until the fish flakes readily.

In a saucepan, melt the butter. Stir in the flour and sesame seeds. Cook for a moment.

When the fish is cooked, pour off the milk and add it slowly to the flour mixture, stirring constantly over low heat until smooth and thickened.

Stir in the cheese and lemon juice. Continue stirring until the cheese is melted.

Pour the sauce over the fish. Sprinkle with paprika. Brown well under the broiler.

(if you wish, remove the toothpicks from the fish rolls after you pour off the milk.)

Per Serving (excluding unknown items): 211 Calories; 17g Fat (69.7% calories from fat); 8g Protein; 8g Carbohydrate; 1g Dietary Fiber; 44mg Cholesterol; 563mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 3 Fat.

Seafood

Calories (kcal): 211
% Calories from Fat: 69.7%
% Calories from Carbohydrates: 15.2%
% Calories from Protein: 15.1%
Total Fat (g): 17g
Saturated Fat (g): 9g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 44mg
Carbohydrate (g): 8g
Dietary Fiber (g): 1g
Protein (g): 8g
Sodium (mg): 563mg
Potassium (mg): 149mg
Calcium (mg): 222mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 499IU
Vitamin A (r.e.): 137 1/2RE

Vitamin B6 (mg): .1mg
Vitamin B12 (mcg): .4mcg
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .2mg
Folacin (mcg): 14mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 211 **Calories from Fat:** 147

% Daily Values*

Total Fat	17g	26%
Saturated Fat	9g	46%
Cholesterol	44mg	15%
Sodium	563mg	23%
Total Carbohydrates	8g	3%
Dietary Fiber	1g	4%
Protein	8g	
Vitamin A		10%
Vitamin C		7%
Calcium		22%
Iron		4%

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