

# Baked Fish with Tomato Sauce

Mrs. J. D. Guillory

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 6

4 slices bacon  
2 cups onion, chopped  
2 cans (16 ounces) tomatoes  
1 tablespoon parsley, chopped  
1/8 teaspoon thyme  
2 bay leaves  
salt (to taste)  
pepper (taste)  
5 pounds red fish or red snapper

Preheat the oven to 400 degrees.

In a skillet, fry the bacon. Remove the bacon and wilt the onions in the bacon fat. Add the tomatoes, chopping them with a spoon.

When the mixture is bubbling, add the parsley, thyme, bay leaves, chopped bacon, salt and pepper. Cook until most of the water has cooked out and the sauce is thick.

Season the fish well inside and out. Rub with butter. Place in a baking dish.

Bake for 15 minutes in the oven. Spread the sauce over the fish. Reduce the oven to 350 degrees.

Finish baking for approximately 15 minutes or until the fish flakes easily.

(The amount of sauce can be used on one five-pound fish or six small fish.)

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Per Serving (excluding unknown items): 54 Calories; 2g Fat (36.9% calories from fat); 2g Protein; 7g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 73mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	54	Vitamin B6 (mg):	.1mg
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% Calories from Fat:	36.9%
% Calories from Carbohydrates:	47.0%
% Calories from Protein:	16.1%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	4mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	73mg
Potassium (mg):	199mg
Calcium (mg):	15mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	14mg
Vitamin A (i.u.):	291IU
Vitamin A (r.e.):	29RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	18mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 54 Calories from Fat: 20

### % Daily Values\*

<b>Total Fat</b> 2g	4%
Saturated Fat 1g	4%
<b>Cholesterol</b> 4mg	1%
<b>Sodium</b> 73mg	3%
<b>Total Carbohydrates</b> 7g	2%
Dietary Fiber 1g	6%
<b>Protein</b> 2g	
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<b>Vitamin A</b>	6%
<b>Vitamin C</b>	23%
<b>Calcium</b>	1%
<b>Iron</b>	3%

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