



 **54%**
HEALTH SCORE

Baked Orange Roughy and Rice

 **Gluten Free**

READY IN



40 min.

SERVINGS



4

CALORIES



808 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounces savory vegetable frozen thawed
- 14 ounces canned tomatoes diced undrained canned
- 0.3 teaspoon ground pepper
- 14 ounces chicken broth canned
- 1 teaspoon garlic powder
- 1 teaspoon lemon pepper
- 24 ounces orange roughy fillets
- 0.5 cup cheddar cheese shredded

2 cups rice white uncooked minute®

Equipment

oven

baking pan

Directions

Place rice in a greased 13-in. x 9-in. baking dish.

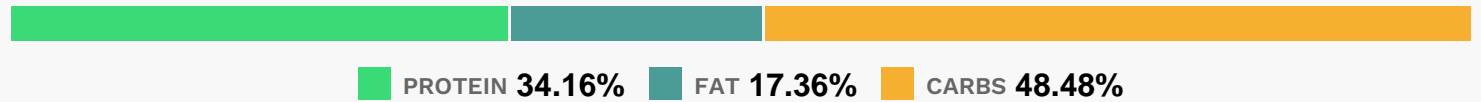
Layer with the vegetables and fish.

Pour the broth and tomatoes over the top; sprinkle with seasonings.

Cover and bake at 375° for 25–30 minutes or until fish flakes easily with a fork and rice is tender.

Sprinkle with cheese; bake 5 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:50.55, Glycemic Load:49.53, Inflammation Score:-10, Nutrition Score:31.684782733088%

Nutrients (% of daily need)

Calories: 807.62kcal (40.38%), Fat: 15.27g (23.5%), Saturated Fat: 5.26g (32.88%), Carbohydrates: 95.96g (31.99%), Net Carbohydrates: 89.23g (32.45%), Sugar: 2.48g (2.76%), Cholesterol: 165.79mg (55.26%), Sodium: 904.42mg (39.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.63g (135.27%), Selenium: 150.35µg (214.78%), Vitamin A: 6646.22IU (132.92%), Manganese: 1.44mg (72.16%), Phosphorus: 576.05mg (57.6%), Vitamin B3: 7.91mg (39.57%), Zinc: 4.94mg (32.93%), Iron: 5.48mg (30.47%), Vitamin B12: 1.79µg (29.81%), Vitamin B6: 0.56mg (28.21%), Fiber: 6.73g (26.92%), Magnesium: 103.55mg (25.89%), Copper: 0.5mg (25.1%), Potassium: 811.64mg (23.19%), Vitamin B2: 0.38mg (22.52%), Folate: 90.03µg (22.51%), Calcium: 216.07mg (21.61%), Vitamin B1: 0.26mg (17.61%), Vitamin E: 2.61mg (17.43%), Vitamin C: 13.68mg (16.59%), Vitamin B5: 1.28mg (12.8%), Vitamin K: 4.83µg (4.6%), Vitamin D: 0.18µg (1.23%)