



Chili-Seared Fish With Yucatan Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon chili powder
- ☐ 1 cup whole-kernel corn frozen thawed
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 limes quartered
- ☐ 1 teaspoon olive oil
- ☐ 1 small onion thinly sliced
- ☐ 24 ounce orange roughy fillets
- ☐ 1 bell pepper red thinly sliced

- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon seafood seasoning (such as Paul Prudhomme Seafood Magic)

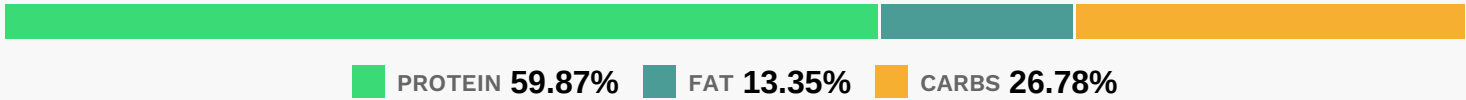
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine seafood seasoning and chili powder in a small bowl. Rub mixture onto both sides of fish.
- ☐ Heat a large nonstick skillet over medium– high heat. Coat fish with cooking spray.
- ☐ Add fish to pan; cook 3 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Place fish on a plate, sprinkle with salt, and keep warm.
- ☐ Heat pan over high heat.
- ☐ Add oil, bell pepper, onion, and corn to pan. Saut 3 minutes or until lightly browned. Stir in cilantro.
- ☐ Serve fish with corn mixture and limes.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:1.56, Inflammation Score:-8, Nutrition Score:17.034347855526%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 192.65kcal (9.63%), Fat: 2.94g (4.52%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 10.44g (3.8%), Sugar: 4.41g (4.9%), Cholesterol: 102.06mg (34.02%), Sodium: 286.1mg (12.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.66g (59.32%), Selenium: 114.04µg (162.92%), Vitamin C: 49.9mg (60.48%), Vitamin A: 1186.87IU (23.74%), Phosphorus: 221.4mg (22.14%), Folate: 79.97µg (19.99%), Vitamin E: 2.88mg (19.18%), Vitamin B3: 3.44mg (17.19%), Iron: 2.42mg (13.47%), Potassium: 470.04mg (13.43%), Vitamin B6: 0.24mg (11.89%), Manganese: 0.23mg (11.5%), Fiber: 2.83g (11.32%), Magnesium: 43.12mg (10.78%), Vitamin B12: 0.65µg (10.77%), Copper: 0.18mg (9.1%), Vitamin B2: 0.15mg (9.02%), Vitamin K: 8.43µg (8.03%), Vitamin B1: 0.1mg (6.94%), Zinc: 0.69mg (4.61%), Vitamin B5: 0.42mg (4.24%), Calcium: 39.7mg (3.97%)