



Citrus-Marinated Orange Roughy with Corn Relish

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups whole-kernel corn frozen thawed
- ☐ 1 clove garlic minced
- ☐ 4 cups green onions sliced
- ☐ 4 servings citrus marinade
- ☐ 16 ounce orange roughy fillets
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup bell pepper sweet red finely chopped

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vegetable oil

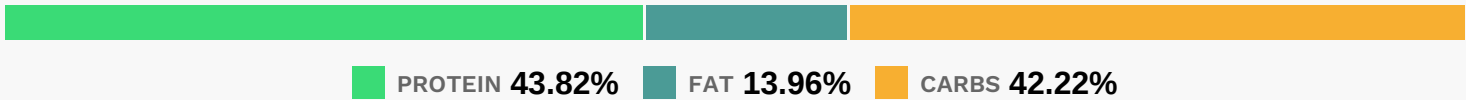
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ broiler pan

Directions

- ☐ Place fillets in a 13- x 9- x 2-inch baking dish.
- ☐ Pour Citrus Marinade over fish. Cover and marinate in refrigerator 30 minutes.
- ☐ Remove fillets from marinade, discarding marinade. Coat fillets with cooking spray.
- ☐ Place fillets on rack coated with cooking spray; place rack in broiler pan. Broil 5 1/2 inches from heat (with electric oven door partially opened) 10 minutes or until fish flakes easily when tested with a fork.
- ☐ Coat a large nonstick skillet with cooking spray; add vegetable oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add garlic, and saute 30 seconds.
- ☐ Add corn and red pepper; increase heat to high. Cook, stirring frequently, until corn is slightly tender and charred. Stir in green onions, salt, and pepper. Divide vegetable mixture among 4 individual dinner plates. Top each with a fillet.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:2.07, Inflammation Score:-9, Nutrition Score:25.355652290842%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.78mg, Quercetin: 10.78mg, Quercetin: 10.78mg, Quercetin: 10.78mg

Nutrients (% of daily need)

Calories: 195.85kcal (9.79%), Fat: 3.23g (4.97%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 16.9g (6.15%), Sugar: 7.82g (8.69%), Cholesterol: 68.04mg (22.68%), Sodium: 431.62mg (18.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.8g (45.6%), Vitamin K: 211.91µg (201.81%), Selenium: 76.88µg (109.83%), Vitamin C: 68.03mg (82.46%), Vitamin A: 2280.33IU (45.61%), Folate: 141µg (35.25%), Phosphorus: 207.09mg (20.71%), Fiber: 5.07g (20.28%), Manganese: 0.38mg (19.04%), Potassium: 657.47mg (18.78%), Vitamin E: 2.67mg (17.78%), Vitamin B3: 3.45mg (17.26%), Iron: 3.03mg (16.85%), Vitamin B2: 0.24mg (13.92%), Magnesium: 54.81mg (13.7%), Vitamin B6: 0.27mg (13.42%), Copper: 0.21mg (10.27%), Vitamin B1: 0.14mg (9.48%), Calcium: 89.27mg (8.93%), Vitamin B12: 0.43µg (7.18%), Zinc: 1.02mg (6.78%), Vitamin B5: 0.55mg (5.48%)