



Citrus-Poached Orange Roughy



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



142 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons green onions chopped
- ☐ 2 tablespoons juice of lime
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon orange rind grated
- ☐ 24 ounce orange roughy fillets
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 0.3 teaspoon salt

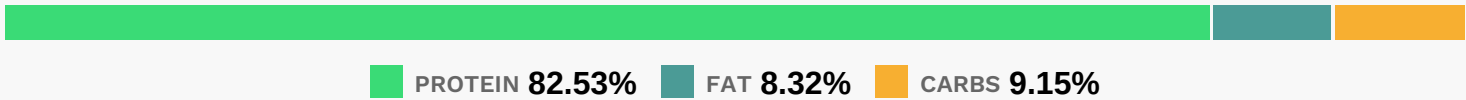
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Arrange fish in a single layer in a 13- x 9-inch baking dish coated with cooking spray.
- ☐ Combine orange rind and next 4 ingredients in a small bowl, stirring well.
- ☐ Pour mixture over fish, and bake at 400 for 20 minutes or until fish flakes easily when tested with a fork.
- ☐ Remove fish from dish with a wide spatula, and place on a serving dish.
- ☐ Sprinkle fish evenly with green onions.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.14, Inflammation Score:-5, Nutrition Score:11.384782583817%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 142kcal (7.1%), Fat: 1.26g (1.94%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.91g (1.06%), Sugar: 1.94g (2.16%), Cholesterol: 102.06mg (34.02%), Sodium: 270.71mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.16g (56.33%), Selenium: 113.53µg (162.18%), Phosphorus: 188.1mg (18.81%), Vitamin C: 13.49mg (16.35%), Vitamin E: 2.13mg (14.2%), Vitamin B3: 2.73mg (13.64%), Folate: 53.21µg (13.3%), Vitamin B12: 0.65µg (10.77%), Iron: 1.84mg (10.2%), Potassium: 345.45mg (9.87%), Magnesium: 32.63mg (8.16%), Vitamin K: 7.6µg (7.24%), Copper: 0.14mg (7.14%), Vitamin B6: 0.1mg (5.22%), Vitamin B2: 0.09mg (5.16%), Vitamin B1: 0.08mg (5.03%), Manganese: 0.1mg (4.83%), Vitamin A: 232.17IU (4.64%), Zinc: 0.43mg (2.84%), Calcium: 21.7mg (2.17%), Vitamin B5: 0.14mg (1.4%)