



Fish in Parsley-Wine Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 0.8 cup cooking wine dry white
- ☐ 1 cup parsley fresh minced
- ☐ 2 cups parsley leaves fresh
- ☐ 1 garlic clove minced
- ☐ 2 garlic cloves peeled
- ☐ 1 tablespoon olive oil divided
- ☐ 1.3 cups onion diced

- ☐ 24 ounce orange roughy fillets white firm
- ☐ 0.3 teaspoon salt divided

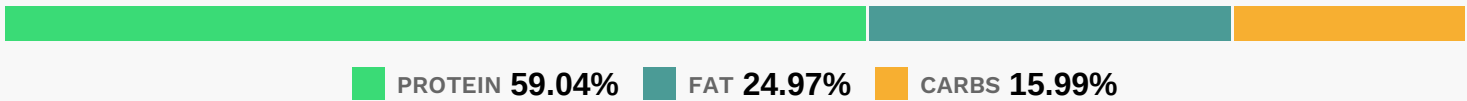
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place parsley leaves and 2 garlic cloves in a food processor; process until well-blended.
- ☐ Place mixture in a bowl; stir in 2 teaspoons oil, 1/8 teaspoon salt, and 1/8 teaspoon pepper. Set aside parsley sauce.
- ☐ Heat 1 teaspoon oil in a large skillet over medium heat.
- ☐ Add onion and minced garlic; cook 5 minutes. Stir in minced parsley and wine, and cook 3 minutes. Arrange fillets over parsley mixture in pan; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper. Cook 6 minutes or until fish flakes easily when tested with a fork.
- ☐ Remove fish from pan; keep warm.
- ☐ Add parsley sauce to pan; cook 1 minute or until thoroughly heated. Spoon sauce evenly over fish.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:1.94, Inflammation Score:-10, Nutrition Score:31.293913177822%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 96.97mg, Apigenin: 96.97mg, Apigenin: 96.97mg, Apigenin: 96.97mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 1.03mg,

Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 6.73mg, Myricetin: 6.73mg, Myricetin: 6.73mg, Myricetin: 6.73mg Quercetin: 11.01mg, Quercetin: 11.01mg, Quercetin: 11.01mg, Quercetin: 11.01mg

Nutrients (% of daily need)

Calories: 272.33kcal (13.62%), Fat: 6.82g (10.49%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 7.35g (2.67%), Sugar: 3.1g (3.44%), Cholesterol: 85.05mg (28.35%), Sodium: 263.85mg (11.47%), Alcohol: 4.64g (100%), Alcohol %: 1.84% (100%), Protein: 36.27g (72.53%), Vitamin K: 743.12µg (707.74%), Selenium: 71.78µg (102.55%), Vitamin C: 64.5mg (78.18%), Vitamin A: 3792.75IU (75.86%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 7.36mg (36.78%), Vitamin D: 5.27µg (35.15%), Phosphorus: 342.47mg (34.25%), Folate: 119.9µg (29.97%), Potassium: 883.56mg (25.24%), Iron: 4.05mg (22.48%), Vitamin B6: 0.43mg (21.54%), Magnesium: 79.04mg (19.76%), Manganese: 0.31mg (15.52%), Copper: 0.23mg (11.29%), Vitamin B5: 1.11mg (11.09%), Vitamin B2: 0.18mg (10.3%), Vitamin E: 1.54mg (10.24%), Calcium: 100.18mg (10.02%), Fiber: 2.47g (9.88%), Vitamin B1: 0.14mg (9.32%), Zinc: 1.22mg (8.1%)