



 **78%**
HEALTH SCORE

Fish Provencale

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon thyme leaves dried
- 2 garlic cloves minced
- 3 tablespoons green onions chopped
- 1 teaspoon fines herbes dried
- 1 tablespoon juice of lemon
- 24 ounce orange roughy fillets white lean
- 0.1 teaspoon pepper
- 1 cup plum tomatoes chopped

- 0.3 teaspoon salt
- 0.5 cup bell pepper yellow chopped

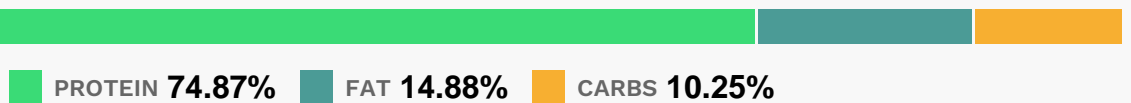
Equipment

- baking pan
- wax paper
- microwave

Directions

- Combine first 6 ingredients in an 8-inch square baking dish; stir well. Microwave at high 3 minutes, stirring after 2 minutes. Stir in juice, salt, and pepper. Arrange fish over vegetable mixture with thickest portions toward outside. Cover with wax paper; microwave at high 3 minutes. Turn fish over, cover, and microwave 2 minutes or until fish flakes easily.
- Let stand, covered, 2 minutes.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:20.762608828752%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 184.49kcal (9.22%), Fat: 3.1g (4.77%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 3.63g (1.32%), Sugar: 1.78g (1.97%), Cholesterol: 85.05mg (28.35%), Sodium: 238.32mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.09g (70.18%), Selenium: 71.42µg (102.03%), Vitamin C: 45.2mg (54.79%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 7.21mg (36.05%), Vitamin D: 5.27µg (35.15%), Phosphorus: 312.82mg (31.28%), Vitamin K: 21.85µg (20.81%), Potassium: 719.06mg (20.54%), Vitamin B6: 0.38mg (18.96%), Folate: 59.08µg (14.77%), Magnesium: 56.97mg (14.24%), Vitamin A: 587.39IU (11.75%), Manganese:

0.22mg (10.89%), Copper: 0.19mg (9.74%), Iron: 1.69mg (9.37%), Vitamin B5: 0.93mg (9.3%), Vitamin B2: 0.13mg (7.66%), Vitamin E: 1.06mg (7.04%), Vitamin B1: 0.1mg (6.99%), Zinc: 0.75mg (5.01%), Fiber: 1.17g (4.67%), Calcium: 37.43mg (3.74%)