



Fish with Cucumber Orange Relish

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple cider vinegar
- 11 ounce mandarin orange segments drained canned
- 1 cucumber english chopped
- 1 tablespoon cilantro leaves fresh chopped to taste
- 1 teaspoon optional: dill fresh minced
- 2 green onions thinly sliced
- 0.3 teaspoon ground pepper black
- 2 pounds orange roughy fillets

0.3 teaspoon salt

Equipment

bowl

oven

broiler

broiler pan

Directions

Mix cucumber, mandarin oranges, vinegar, green onions, cilantro, and dill in a bowl until relish is well blended.

Set oven rack 3 to 4 inches from the heat source and preheat the oven's broiler. Spray a broiler pan with cooking spray.

Arrange orange roughly fillets on the prepared broiler pan; season with salt and pepper.

Broil in preheated oven until fish is easily flaked with a fork, 9 to 12 minutes.

Nutrition Facts

PROTEIN 72.48% **FAT 7.29%** **CARBS 20.23%**

Properties

Glycemic Index:37.75, Glycemic Load:0.16, Inflammation Score:-8, Nutrition Score:17.817391395569%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 218.64kcal (10.93%), Fat: 1.72g (2.64%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 10.72g (3.57%), Net Carbohydrates: 9.22g (3.35%), Sugar: 7.89g (8.76%), Cholesterol: 136.08mg (45.36%), Sodium: 315.83mg (13.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.42g (76.83%), Selenium: 151.87µg (216.95%), Vitamin C: 29.71mg (36.01%), Phosphorus: 272.92mg (27.29%), Vitamin A: 1329.54IU (26.59%), Vitamin K: 26.82µg (25.54%), Vitamin B3: 3.92mg (19.62%), Vitamin E: 2.9mg (19.32%), Folate: 72.08µg (18.02%), Potassium: 624.89mg (17.85%), Iron: 2.85mg (15.81%), Magnesium: 59.09mg (14.77%), Vitamin B12: 0.86µg (14.36%), Copper: 0.24mg (12.05%),

Manganese: 0.24mg (11.83%), Vitamin B1: 0.16mg (10.85%), Vitamin B6: 0.19mg (9.28%), Vitamin B2: 0.16mg (9.19%),
Zinc: 1.12mg (7.45%), Fiber: 1.5g (6.01%), Calcium: 47.9mg (4.79%), Vitamin B5: 0.32mg (3.17%)