



Greek-Style Orange Roughy



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 garlic cloves coarsely chopped
- ☐ 1.5 cups bell pepper green thinly sliced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion halved thinly sliced
- ☐ 36 ounce orange roughy fillets
- ☐ 1 bell pepper red thinly sliced
- ☐ 0.8 teaspoon salt

☐ 1 medium tomatoes chopped

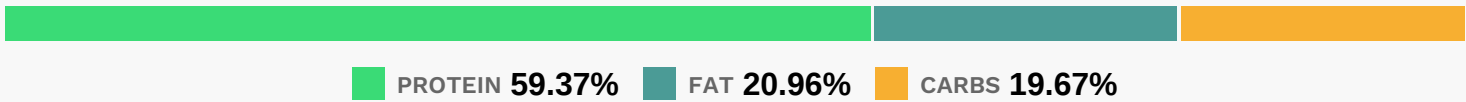
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Place oil in a large nonstick skillet over medium-high heat until hot.
- ☐ Add onion and next 3 ingredients; cook 10 minutes or until vegetables are crisp-tender, stirring frequently.
- ☐ Add tomato and salt; cook 2 minutes, stirring frequently.
- ☐ Place fillets in a 13- x 9-inch baking dish coated with cooking spray.
- ☐ Place onion mixture on top of fillets.
- ☐ Sprinkle with olives.
- ☐ Bake, uncovered, at 425 for 20 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:1.9, Inflammation Score:-8, Nutrition Score:17.805652141571%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.86mg, Quercetin: 11.86mg, Quercetin: 11.86mg, Quercetin: 11.86mg

Nutrients (% of daily need)

Calories: 199.41kcal (9.97%), Fat: 4.61g (7.1%), Saturated Fat: 0.53g (3.28%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 7.31g (2.66%), Sugar: 4.58g (5.09%), Cholesterol: 102.06mg (34.02%), Sodium: 506.45mg (22.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.41g (58.83%), Selenium: 114.15µg (163.07%), Vitamin C: 62.87mg (76.21%), Phosphorus: 219.05mg (21.9%), Vitamin A: 1072.04IU (21.44%), Vitamin E: 3.17mg (21.11%), Folate: 70.53µg (17.63%), Vitamin B6: 0.34mg (17.14%), Vitamin B3: 3.19mg (15.95%), Potassium: 530.02mg (15.14%), Manganese: 0.29mg (14.37%), Iron: 2.18mg (12.13%), Magnesium: 43.86mg (10.97%), Vitamin B12: 0.65µg (10.77%), Copper: 0.2mg (10.14%), Fiber: 2.44g (9.76%), Vitamin B1: 0.12mg (8.2%), Vitamin K: 8.28µg (7.88%), Vitamin B2: 0.13mg (7.37%), Zinc: 0.65mg (4.31%), Calcium: 42.39mg (4.24%), Vitamin B5: 0.29mg (2.87%)