



Halibut-Asparagus Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb equal sizes of swordfish cut into 1-inch pieces
- 1 medium onion thinly sliced
- 3 garlic clove finely chopped
- 1 teaspoon ginger finely chopped
- 10 oz asparagus frozen thawed drained
- 8 oz mushrooms fresh sliced (3 cups)
- 1 medium tomatoes cut into thin wedges
- 2 tablespoons soy sauce reduced-sodium

- 1 tablespoon juice of lemon
- 1 serving soy sauce reduced-sodium

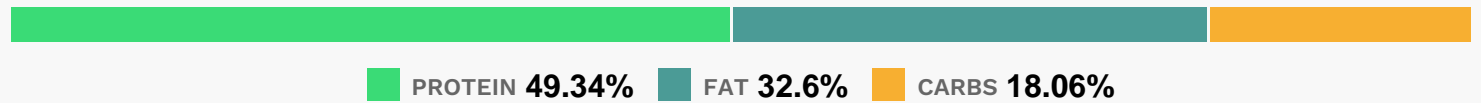
Equipment

- frying pan

Directions

- Spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat.
- Add fish, onion, garlic, gingerroot and asparagus; cook and stir 2 to 3 minutes or until fish almost flakes with fork.
- Carefully stir in remaining ingredients. Cook until fish flakes easily with fork and mixture is thoroughly heated.
- Serve with additional soy sauce.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.92, Inflammation Score:-8, Nutrition Score:28.45739122059%

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: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.42mg, Isorhamnetin: 5.42mg, Isorhamnetin: 5.42mg, Isorhamnetin: 5.42mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 15.72mg, Quercetin: 15.72mg, Quercetin: 15.72mg, Quercetin: 15.72mg

Nutrients (% of daily need)

Calories: 215.76kcal (10.79%), Fat: 7.96g (12.24%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 6.9g (2.51%), Sugar: 4.6g (5.11%), Cholesterol: 74.84mg (24.95%), Sodium: 396.23mg (17.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.09g (54.18%), Vitamin D: 15.88µg (105.84%), Selenium: 72.5µg (103.57%), Vitamin B3: 11.87mg (59.36%), Vitamin B6: 0.84mg (42.02%), Phosphorus: 407.74mg (40.77%), Vitamin B12: 1.95µg (32.51%), Vitamin K: 32.17µg (30.64%), Potassium: 954.5mg (27.27%), Vitamin B2: 0.42mg (24.96%), Vitamin E: 3.31mg (22.08%), Copper: 0.4mg (19.99%), Vitamin A: 929.01IU (18.58%), Vitamin B1: 0.27mg

(17.68%), Vitamin C: 13.59mg (16.47%), Folate: 63.1µg (15.78%), Vitamin B5: 1.55mg (15.47%), Magnesium: 60.74mg (15.18%), Manganese: 0.3mg (14.79%), Iron: 2.53mg (14.04%), Fiber: 3.02g (12.07%), Zinc: 1.62mg (10.8%), Calcium: 40.63mg (4.06%)