



Halibut-Asparagus Stir-Fry

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

READY IN



25 min.

SERVINGS



4

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz asparagus frozen thawed drained
- 8 oz mushrooms fresh sliced (3 cups)
- 3 garlic clove finely chopped
- 1 teaspoon ginger finely chopped
- 1 tablespoon juice of lemon
- 2 tablespoons soy sauce reduced-sodium
- 1 medium onion thinly sliced
- 4 servings soy sauce reduced-sodium

- 1 medium tomatoes cut into thin wedges
- 1 lb equal sizes of swordfish cut into 1-inch pieces

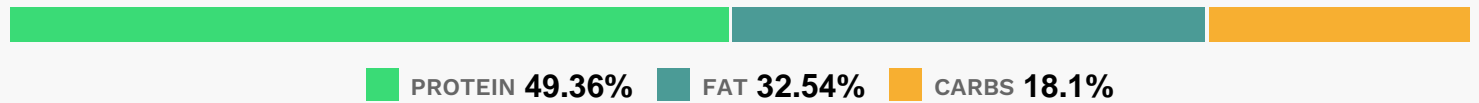
Equipment

- 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:28.501304502073%

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: 216.18kcal (10.81%), Fat: 7.96g (12.24%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 6.94g (2.52%), Sugar: 4.6g (5.11%), Cholesterol: 74.84mg (24.95%), Sodium: 423.23mg (18.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.32%), Vitamin D: 15.88µg (105.84%), Selenium: 72.5µg (103.58%), Vitamin B3: 11.88mg (59.4%), Vitamin B6: 0.84mg (42.08%), Phosphorus: 408.99mg (40.9%), Vitamin B12: 1.95µg (32.51%), Vitamin K: 32.17µg (30.64%), Potassium: 957.14mg (27.35%), Vitamin B2: 0.43mg (25.06%), Vitamin E: 3.31mg (22.1%), Copper: 0.4mg (20.01%), Vitamin A: 929.01IU (18.58%), Vitamin B1: 0.27mg (17.7%),

Vitamin C: 13.59mg (16.47%), Folate: 63.43µg (15.86%), Vitamin B5: 1.55mg (15.49%), Magnesium: 61.26mg (15.31%), Manganese: 0.3mg (14.95%), Iron: 2.54mg (14.1%), Fiber: 3.02g (12.09%), Zinc: 1.63mg (10.84%), Calcium: 40.86mg (4.09%)