



## Island Citrus Fish

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup brown sugar packed
- 1.5 lb filets
- 0.3 cup cilantro leaves fresh chopped
- 1 tsp ground cumin
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 0.3 cup juice of lime
- 2 Tbsp mint leaves chopped
- 0.5 cup orange juice

## Equipment

frying pan

## Directions

- Heat dressing in large skillet on medium-high heat.
- Combine sugar and cumin; sprinkle 2 Tbsp. sugar mixture over fish.
- Place fish in skillet, sugar side down; sprinkle with remaining sugar mixture.
- Cook 3 to 5 min. on each side or until fish flakes easily with fork.
- Remove from skillet; cover to keep warm.
- Add lime and orange juices to skillet. Cook on medium heat until heated through, stirring occasionally.
- Remove from heat. Stir in cilantro and mint. Spoon evenly over fish.

## Nutrition Facts



## Properties

Glycemic Index:4.45, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:2.9817391225825%

## Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg 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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 49.48kcal (2.47%), Fat: 0.89g (1.36%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 3.97g (1.45%), Sugar: 3.56g (3.96%), Cholesterol: 14.63mg (4.88%), Sodium: 48.74mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.32%), Selenium: 11.37µg (16.24%), Phosphorus: 71.8mg (7.18%), Vitamin C: 4.47mg (5.42%), Vitamin B12: 0.31µg (5.16%), Potassium: 166.3mg (4.75%), Vitamin B6: 0.09mg (4.55%), Vitamin B3: 0.75mg (3.74%), Magnesium: 12.75mg (3.19%), Vitamin B1: 0.03mg (2.24%), Vitamin K: 2.33µg (2.22%), Vitamin D: 0.31µg (2.04%), Vitamin E: 0.3mg (2%), Vitamin B2: 0.03mg (1.5%), Iron: 0.25mg (1.39%), Folate:

4.89µg (1.22%), Zinc: 0.17mg (1.13%), Calcium: 10.67mg (1.07%)