



Le Orange Roughy



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon garlic minced
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon lemon-herb seasoning salt-free such as Mrs. Dash
- ☐ 1 teaspoon juice of lime
- ☐ 6 ounce orange juice concentrate frozen thawed canned
- ☐ 24 ounce fillets orange roughy
- ☐ 1 teaspoon onion and herb seasoning blend salt-free

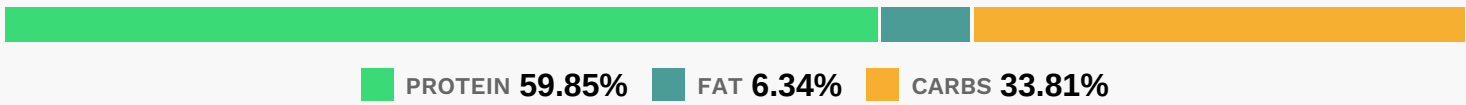
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ In a large bowl, stir together the orange juice concentrate, lemon juice, lime juice, garlic, onion and herb seasoning and lemon-herb seasoning.
- ☐ Pour into a resealable bag and add fish fillets. Seal and marinate the fish for a couple of hours or overnight in the refrigerator.
- ☐ Preheat the oven to 425 degrees F (220 degrees C). Arrange the fish fillets in a single layer in a shallow baking dish.
- ☐ Pour the marinade in with them and cover tightly with aluminum foil.
- ☐ Bake for 45 minutes in the preheated oven, until fish is cooked through.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:16.806956415591%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 197.88kcal (9.89%), Fat: 1.37g (2.11%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 15.36g (5.59%), Sugar: 12.74g (14.16%), Cholesterol: 102.06mg (34.02%), Sodium: 125.96mg (5.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.13g (58.26%), Selenium: 113.76µg (162.52%), Vitamin C: 62.66mg (75.96%), Phosphorus: 211.41mg (21.14%), Folate: 80.36µg (20.09%), Vitamin E: 2.53mg (16.88%), Potassium: 577.96mg (16.51%), Vitamin B3: 3.13mg (15.67%), Iron: 2.37mg (13.16%), Magnesium: 48.25mg (12.06%), Manganese: 0.24mg (11.87%), Vitamin B1: 0.17mg (11.58%), Vitamin B6: 0.22mg (10.95%), Vitamin B12: 0.65µg (10.77%), Vitamin K: 9.85µg (9.38%), Vitamin B2: 0.16mg (9.36%), Copper: 0.17mg (8.44%), Vitamin A: 304.66IU

(6.09%), Calcium: 54.29mg (5.43%), Fiber: 1.09g (4.37%), Vitamin B5: 0.35mg (3.49%), Zinc: 0.5mg (3.36%)