

**100%**
HEALTH SCORE

Lemony Fish over Vegetables and Rice



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN

**35 min.**

SERVINGS

**4**

CALORIES

**307 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6.2 ounces penzey's southwest seasoning (with almonds and oriental seasonings)
- ☐ 2 tablespoons butter
- ☐ 2 cups water
- ☐ 0.5 teaspoon lemon zest (grated)
- ☐ 1 pound bell pepper (red frozen)
- ☐ 1 pound fish fillet
- ☐ 0.5 teaspoon lemon pepper
- ☐ 1 tablespoon juice of lemon

☐ 2 tablespoons parsley fresh chopped

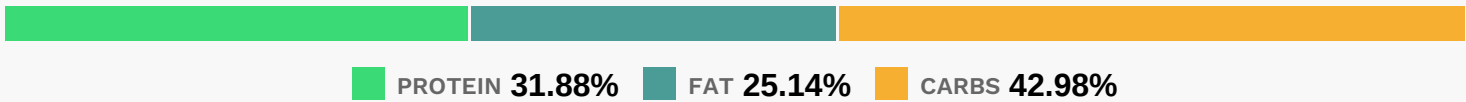
Equipment

☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, cook rice and margarine over medium heat 2 to 3 minutes, stirring occasionally, until rice is golden brown. Stir in water, seasoning packet from rice mix and lemon peel.
- ☐ Heat to boiling; reduce heat. Cover and simmer 10 minutes.
- ☐ Stir in vegetables.
- ☐ Heat to boiling, stirring occasionally.
- ☐ Cut fish into 4 serving pieces; arrange on rice mixture.
- ☐ Sprinkle fish with lemon-pepper seasoning; drizzle with lemon juice. Reduce heat. Cover and simmer 8 to 10 minutes or until fish flakes easily with fork and vegetables are tender.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:2.06, Inflammation Score:-10, Nutrition Score:50.598695962325%

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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 307.41kcal (15.37%), Fat: 9.82g (15.1%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 37.77g (12.59%), Net Carbohydrates: 16.55g (6.02%), Sugar: 6.68g (7.43%), Cholesterol: 56.7mg (18.9%), Sodium: 147.64mg (6.42%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.01g (56.03%), Vitamin K: 313.54µg (298.61%), Vitamin C: 150.61mg (182.56%), Manganese: 2.4mg (119.86%), Iron: 17.45mg (96.92%), Vitamin A: 4718.53IU (94.37%), Fiber: 21.22g (84.89%), Calcium: 731.1mg (73.11%), Selenium: 49.51µg (70.73%), Vitamin E: 10.51mg (70.07%), Vitamin B6: 0.98mg (48.89%), Folate: 187.46µg (46.86%), Magnesium: 165.95mg (41.49%), Vitamin B3: 7.61mg (38.05%), Potassium: 1157mg (33.06%), Vitamin B12: 1.8µg (29.98%), Phosphorus: 290.79mg (29.08%), Vitamin B2: 0.41mg (23.86%), Vitamin D: 3.52µg (23.44%), Copper: 0.41mg (20.43%), Vitamin B5: 1.34mg (13.4%), Vitamin B1: 0.19mg (12.62%), Zinc: 1.88mg (12.52%)