



HEALTH SCORE

86%

Lime-Scented Orange Roughy and Spinach



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce baby spinach fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup carrots thinly sliced
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions sliced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated

- ☐ 4 lime wedges
- ☐ 0.3 cup mirin sweet (rice wine)
- ☐ 1 tablespoon olive oil
- ☐ 24 ounce orange roughy fillets
- ☐ 0.5 teaspoon salt divided

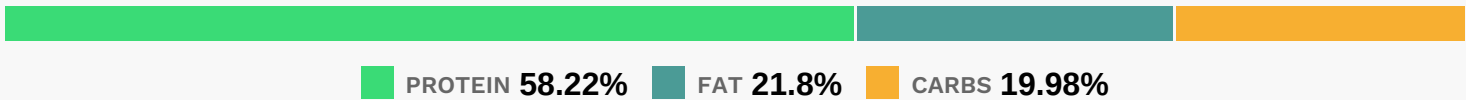
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add carrot; saut 2 minutes or until tender.
- ☐ Add garlic; saut 15 seconds.
- ☐ Add 1/4 teaspoon salt and spinach; saut 2 minutes or until spinach wilts.
- ☐ Combine 1/4 teaspoon salt, green onions, and next 4 ingredients (through grated ginger).
- ☐ Fold 4 (16 x 12-inch) sheets heavy-duty foil in half lengthwise. Open foil; place about 1/2 cup spinach in center of each foil sheet. Top each with 1 fillet.
- ☐ Drizzle mirin mixture evenly over fillets; sprinkle evenly with black pepper. Fold foil over fillets; tightly seal edges.
- ☐ Place foil packets in a single layer on a jelly-roll pan.
- ☐ Bake at 400 for 20 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:62.96, Glycemic Load:2.09, Inflammation Score:-10, Nutrition Score:29.03217398602%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 8.96mg, Hesperetin: 8.96mg, Hesperetin: 8.96mg, Hesperetin: 8.96mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 4.72mg, Kaempferol: 4.72mg, Kaempferol: 4.72mg, Kaempferol: 4.72mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 223.71kcal (11.19%), Fat: 5.12g (7.88%), Saturated Fat: 0.58g (3.59%), Carbohydrates: 10.56g (3.52%), Net Carbohydrates: 7.25g (2.64%), Sugar: 2.54g (2.82%), Cholesterol: 102.06mg (34.02%), Sodium: 493.87mg (21.47%), Alcohol: 2.41g (100%), Alcohol %: 0.92% (100%), Protein: 30.76g (61.52%), Vitamin K: 367.5µg (350%), Vitamin A: 12209.6IU (244.19%), Selenium: 114.76µg (163.95%), Folate: 195.86µg (48.97%), Manganese: 0.83mg (41.32%), Vitamin C: 32.62mg (39.54%), Vitamin E: 4.31mg (28.73%), Potassium: 850.57mg (24.3%), Phosphorus: 239.48mg (23.95%), Magnesium: 94.13mg (23.53%), Iron: 4.06mg (22.54%), Vitamin B3: 3.54mg (17.71%), Vitamin B6: 0.31mg (15.39%), Vitamin B2: 0.24mg (14.3%), Copper: 0.26mg (13.25%), Fiber: 3.31g (13.23%), Calcium: 114.03mg (11.4%), Vitamin B12: 0.65µg (10.77%), Vitamin B1: 0.15mg (9.69%), Zinc: 0.93mg (6.2%), Vitamin B5: 0.29mg (2.92%)