



## Mediterranean Microwaved Fish for Two

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 lb filets frozen
- 2 Tbsp athenos feta cheese crumbled traditional
- 0.3 cup kalamata olives pitted
- 2 Tbsp sun tomato vinaigrette dressing dried kraft
- 1 tomatoes cut into 8 wedges
- 1 zucchini sliced

### Equipment

- microwave

## Directions

- Place fish in single layer in shallow microwaveable dish; drizzle with dressing. Top with vegetables and olives; cover with waxed paper.
- Microwave on HIGH 8 to 10 min. or until fish flakes easily with fork.
- Let stand 2 min.
- Top with cheese.

## Nutrition Facts

**PROTEIN 36.9%** **FAT 52.34%** **CARBS 10.76%**

## Properties

Glycemic Index:4, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.7747826109762%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 26.21kcal (1.31%), Fat: 1.54g (2.38%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.46g (0.51%), Cholesterol: 6.39mg (2.13%), Sodium: 52.94mg (2.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Selenium: 4.07µg (5.81%), Phosphorus: 34.02mg (3.4%), Vitamin C: 2.71mg (3.29%), Vitamin B6: 0.06mg (2.82%), Potassium: 88.88mg (2.54%), Vitamin K: 2.55µg (2.43%), Vitamin B12: 0.13µg (2.2%), Vitamin B2: 0.03mg (1.9%), Vitamin A: 89.17IU (1.78%), Vitamin E: 0.26mg (1.72%), Vitamin B3: 0.34mg (1.68%), Magnesium: 6.58mg (1.64%), Manganese: 0.03mg (1.33%), Calcium: 13.26mg (1.33%), Vitamin B1: 0.02mg (1.22%), Folate: 4.66µg (1.17%)