



Mediterranean Orange Roughy

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons olive oil
- ☐ 8 olives pitted ripe halved
- ☐ 1.7 cups onion vertically sliced
- ☐ 1 teaspoon orange rind grated
- ☐ 24 ounce orange roughy fillets white

- ☐ 1 cup orange sections chopped (3 oranges)
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons or dried fresh chopped
- ☐ 1.5 teaspoons or dried fresh chopped

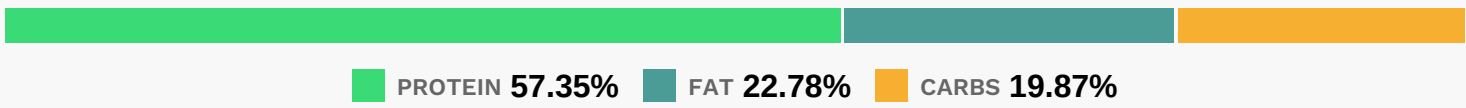
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; cook 7 minutes or until lightly browned, stirring occasionally.
- ☐ Remove from heat. Stir in orange sections and next 5 ingredients (orange sections through garlic).
- ☐ Arrange fillets in a single layer in a 13 x 9-inch baking dish.
- ☐ Combine broth and rind; pour over fish. Spoon onion mixture over fish.
- ☐ Bake at 450 for 15 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:3.26, Inflammation Score:-7, Nutrition Score:19.433043448821%

Flavonoids

Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg

0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 13.75mg, Quercetin: 13.75mg, Quercetin: 13.75mg, Quercetin: 13.75mg

Nutrients (% of daily need)

Calories: 243.06kcal (12.15%), Fat: 6.28g (9.66%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 9.75g (3.54%), Sugar: 7.11g (7.9%), Cholesterol: 85.05mg (28.35%), Sodium: 438.84mg (19.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.56g (71.13%), Selenium: 72.27µg (103.24%), Vitamin B12: 2.73µg (45.42%), Vitamin C: 29.79mg (36.11%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.98mg (34.89%), Phosphorus: 318.65mg (31.86%), Potassium: 707.29mg (20.21%), Vitamin B6: 0.4mg (19.91%), Folate: 67.61µg (16.9%), Magnesium: 58.68mg (14.67%), Vitamin B5: 1.06mg (10.56%), Fiber: 2.58g (10.31%), Vitamin B1: 0.14mg (9.65%), Copper: 0.19mg (9.57%), Manganese: 0.19mg (9.56%), Vitamin E: 1.37mg (9.14%), Vitamin B2: 0.15mg (8.78%), Iron: 1.24mg (6.91%), Calcium: 58.09mg (5.81%), Zinc: 0.72mg (4.83%), Vitamin K: 4.18µg (3.98%), Vitamin A: 136.87IU (2.74%)