



## No Name Orange Roughy

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup olives black drained sliced
- ☐ 14.5 ounce canned tomatoes whole with liquid, chopped peeled canned
- ☐ 1 pinch rosemary dried crushed
- ☐ 1 pinch thyme leaves dried crushed
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 pound feta cheese crumbled
- ☐ 1 tablespoon basil fresh chopped
- ☐ 3 green onions chopped

- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon olive oil
- ☐ 16 ounce fillets orange roughy

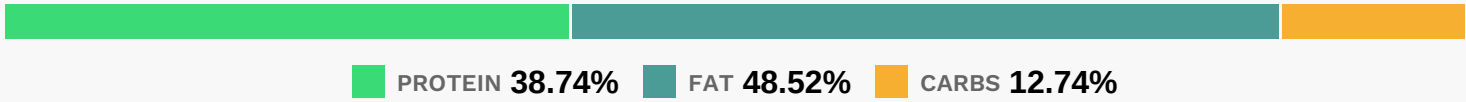
## Equipment

- ☐ frying pan

## Directions

- ☐ Heat olive oil in a medium skillet over medium heat. Stir in green onions, and cook until tender, 5 to 10 minutes.
- ☐ Mix white wine and tomatoes with the green onions, and bring to a boil.
- ☐ Place orange roughy fillets in the white wine mixture. Season with basil, pepper, thyme, and rosemary. Reduce heat, and simmer 15 to 20 minutes, until fish is easily flaked with a fork.
- ☐ Remove fish fillets from skillet.
- ☐ Sprinkle fish fillets with black olives and feta cheese.

## Nutrition Facts



## Properties

Glycemic Index:61.5, Glycemic Load:1.02, Inflammation Score:-7, Nutrition Score:20.083913025649%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 328.45kcal (16.42%), Fat: 15.47g (23.81%), Saturated Fat: 7.91g (49.44%), Carbohydrates: 9.14g (3.05%),  
Net Carbohydrates: 7.44g (2.7%), Sugar: 3.28g (3.64%), Cholesterol: 118.5mg (39.5%), Sodium: 1011.26mg (43.97%),  
Alcohol: 6.18g (100%), Alcohol %: 2.22% (100%), Protein: 27.8g (55.6%), Selenium: 84.46µg (120.65%), Vitamin B2:  
0.6mg (35.57%), Phosphorus: 347.16mg (34.72%), Calcium: 343.45mg (34.35%), Vitamin K: 27.52µg (26.21%),  
Vitamin B12: 1.39µg (23.15%), Vitamin B6: 0.46mg (22.87%), Vitamin E: 2.69mg (17.9%), Iron: 3.02mg (16.75%),  
Folate: 63.73µg (15.93%), Vitamin B3: 3.17mg (15.86%), Zinc: 2.16mg (14.43%), Potassium: 494.65mg (14.13%),  
Vitamin C: 11.52mg (13.96%), Manganese: 0.27mg (13.33%), Magnesium: 51.28mg (12.82%), Vitamin B1: 0.18mg  
(12.02%), Vitamin A: 598.55IU (11.97%), Copper: 0.2mg (9.97%), Vitamin B5: 0.77mg (7.66%), Fiber: 1.7g (6.82%),  
Vitamin D: 0.23µg (1.51%)