



Orange, Bacon & Olive Fish Fillets

 Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



25

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon divided crumbled cooked
- 1 lb firm-textured fish fillets white red such as cod, tilapia or snapper
- 0.3 cup real mayo mayonnaise kraft
- 3 medium navel oranges divided
- 8 large pimento-stuffed olives green sliced

Equipment

- baking sheet
- knife

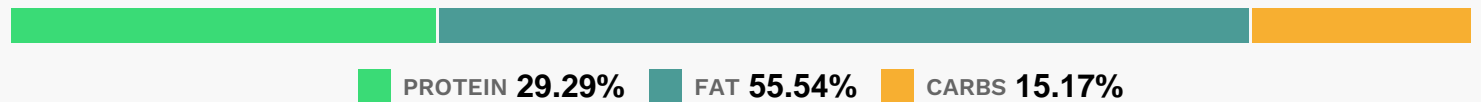
aluminum foil

broiler

Directions

- Preheat broiler. Using a sharp paring knife, cut a 1/2-inch-thick slice off top and bottom ends of 2 of the oranges.
- Cut peel and white pith away from fruit, using downward cutting motion following shape of fruit.
- Place peeled fruit piece on its side, then cut down along membrane on both sides of each section to remove fruit. Set orange sections aside.
- Cut remaining orange horizontally into 8 slices.
- Place on foil-covered baking sheet; top with fish.
- Mix mayo and half of the bacon; spread evenly over fish. Top with orange sections and olives.
- Broil, 6 to 7 inches from heat, 15 min. or until fish flakes easily with fork and oranges are beginning to brown.
- Sprinkle with remaining bacon.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.9760869223139%

Flavonoids

Hesperetin: 3.67mg, Hesperetin: 3.67mg, Hesperetin: 3.67mg, Hesperetin: 3.67mg Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 57.42kcal (2.87%), Fat: 3.6g (5.54%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 1.8g (0.66%), Sugar: 1.45g (1.61%), Cholesterol: 12.34mg (4.11%), Sodium: 67.1mg (2.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.55%), Vitamin C: 9.93mg (12.03%), Selenium: 8.35µg (11.94%), Vitamin B12: 0.31µg (5.12%), Vitamin B3: 0.92mg (4.62%), Phosphorus: 40.3mg (4.03%), Vitamin D: 0.58µg (3.87%), Vitamin K: 3.92µg (3.74%), Vitamin B6: 0.05mg (2.63%), Potassium: 90.64mg (2.59%), Folate: 10.22µg (2.55%),

Vitamin B1: 0.03mg (1.94%), Magnesium: 7.33mg (1.83%), Fiber: 0.41g (1.65%), Vitamin E: 0.24mg (1.57%), Vitamin B5: 0.16mg (1.56%), Vitamin B2: 0.02mg (1.37%), Copper: 0.02mg (1.18%), Calcium: 10.06mg (1.01%)