



Orange Roughy with Greens and White Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.8 ounce cannellini beans drained canned
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon lemon-pepper seasoning salt-free
- ☐ 2 teaspoons olive oil
- ☐ 16 ounce orange roughy fillets (1/)
- ☐ 2 teaspoons pepper vinegar sauce hot
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon sugar
- ☐ 8 tomatoes (1/)
- ☐ 1.5 pounds turnip greens fresh
- ☐ 2 tablespoons water

Equipment

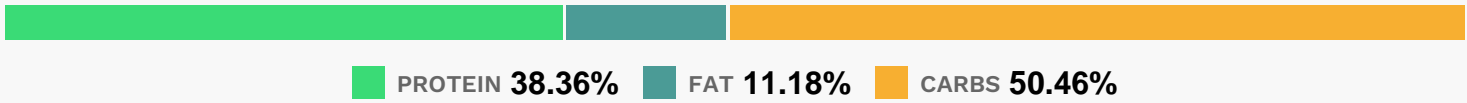
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Remove and discard stems from turnip greens. Wash greens, and drain well. Set aside.
- ☐ Coat a large Dutch oven with cooking spray; add oil.
- ☐ Place over medium heat until hot.
- ☐ Add crushed red pepper and garlic; saute 1 minute.
- ☐ Add greens and water; cover and cook until greens wilt, stirring occasionally.
- ☐ Drain well. Return to Dutch oven, and stir in beans, sugar, and salt. Toss lightly, and set aside.
- ☐ Cut 4 (15-inch) squares of parchment paper; fold each square in half, and trim each into a large heart shape.
- ☐ Place parchment hearts on a large baking sheet, and open out flat.
- ☐ Spoon one-fourth of greens mixture onto half of each parchment heart near the crease; sprinkle greens mixture evenly with vinegar sauce.
- ☐ Sprinkle fish evenly with lemon-pepper seasoning; place 1 fillet on each portion of greens mixture.
- ☐ Place 2 tomato slices over each fillet.
- ☐ Fold paper edges over to seal securely. Starting with rounded edges of hearts, pleat and crimp edges of parchment to make an airtight seal.
- ☐ Bake at 450 for 15 minutes or until packets are puffed and lightly browned.

- ☐ To serve, place packets on individual serving plates; cut an opening in the top of each packet, and fold paper back.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.52, Glycemic Load:1.42, Inflammation Score:-10, Nutrition Score:43.62391312226%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 20.24mg, Kaempferol: 20.24mg, Kaempferol: 20.24mg, Kaempferol: 20.24mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 302.96kcal (15.15%), Fat: 3.89g (5.99%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 27.79g (10.11%), Sugar: 3.85g (4.27%), Cholesterol: 68.04mg (22.68%), Sodium: 357.85mg (15.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.04g (60.07%), Vitamin K: 433.82µg (413.16%), Vitamin A: 20280.16IU (405.6%), Vitamin C: 112.88mg (136.82%), Selenium: 82.53µg (117.89%), Folate: 458.52µg (114.63%), Manganese: 1.43mg (71.41%), Fiber: 11.72g (46.89%), Vitamin E: 6.86mg (45.73%), Copper: 0.9mg (45.12%), Calcium: 402.88mg (40.29%), Phosphorus: 361.32mg (36.13%), Potassium: 1228.62mg (35.1%), Vitamin B6: 0.69mg (34.67%), Magnesium: 136.23mg (34.06%), Iron: 5.01mg (27.86%), Vitamin B1: 0.34mg (22.58%), Vitamin B3: 3.63mg (18.13%), Vitamin B2: 0.3mg (17.86%), Vitamin B5: 1.08mg (10.79%), Zinc: 1.43mg (9.55%), Vitamin B12: 0.43µg (7.18%)