



Orange Roughy with Gremolada Bread Crumbs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs dry
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 4 servings fresh-ground pepper black
- ☐ 1 lemon zest grated
- ☐ 0.3 cup olive oil

- ☐ 2 pounds orange-roughy fillets
- ☐ 4 servings salt

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 40
- ☐ Season the orange-roughy fillets with 1/4 teaspoon of salt and 1/8 teaspoon of pepper.
- ☐ Put the fish fillets in a glass or stainless-steel baking dish and add the wine and the 1/4 cup oil to the dish.
- ☐ Bake the fish until just done, about 12 minutes for 3/4-inch-thick fillets.
- ☐ Meanwhile, in a small frying pan, toast the bread crumbs over low heat, stirring, until they're light brown and fragrant, about 4 minutes. Stir in the garlic, lemon zest, and parsley and cook 1 minute longer.
- ☐ Remove from the heat and stir in 1/8 teaspoon each salt and pepper and the remaining 2 tablespoons oil.
- ☐ Transfer the fish to plates.
- ☐ Sprinkle with the bread crumbs and spoon the pan juices around the fish.
- ☐ Fish Alternatives: Any mild white-fleshed fish will work equally well here. Try flounder, sole, pike, or catfish fillets.
- ☐ Variation: Orange Roughy with Orange Gremolada Bread Crumbs: Substitute the grated zest of 1/2 orange for the lemon zest in the bread-crumb mixture.
- ☐ Wine Recommendation: One of the new, clean-as-a-whistle white wines from Spain or the south of France will pair nicely with the Mediterranean flavors of garlic and olive oil. Look for the Spanish albario or a Ctes de Gascogne from France.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:16.752173869506%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 361.24kcal (18.06%), Fat: 15.83g (24.36%), Saturated Fat: 2.07g (12.91%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 10.15g (3.69%), Sugar: 1.08g (1.2%), Cholesterol: 136.08mg (45.36%), Sodium: 458.41mg (19.93%), Alcohol: 1.54g (100%), Alcohol %: 0.71% (100%), Protein: 39.22g (78.44%), Selenium: 154.92µg (221.32%), Vitamin K: 43.65µg (41.58%), Vitamin E: 4.7mg (31.32%), Phosphorus: 271.44mg (27.14%), Vitamin B3: 4.43mg (22.13%), Folate: 76.86µg (19.21%), Iron: 3.23mg (17.95%), Vitamin B12: 0.91µg (15.15%), Manganese: 0.3mg (14.83%), Vitamin B1: 0.21mg (13.82%), Potassium: 436.86mg (12.48%), Magnesium: 47.64mg (11.91%), Copper: 0.22mg (10.77%), Vitamin B2: 0.16mg (9.63%), Vitamin B6: 0.17mg (8.25%), Vitamin A: 328.67IU (6.57%), Vitamin C: 5.06mg (6.14%), Calcium: 54.65mg (5.46%), Zinc: 0.78mg (5.2%), Fiber: 0.89g (3.56%), Vitamin B5: 0.22mg (2.2%)