



WHATSheATE



Orange Roughy with Kiwi and Walnuts



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon vegetable oil



0.5 pound orange roughy fillets



1 tablespoon butter



2 tablespoons walnut pieces coarsely chopped



1.5 teaspoons cornstarch



0.3 teaspoon salt



0.3 cup chicken broth (from 32-ounce carton)



0.3 cup orange juice

- ☐ 1.5 teaspoons basil dried fresh chopped
- ☐ 1 kiwi fruit peeled sliced
- ☐ 2 cups rice wild white hot cooked

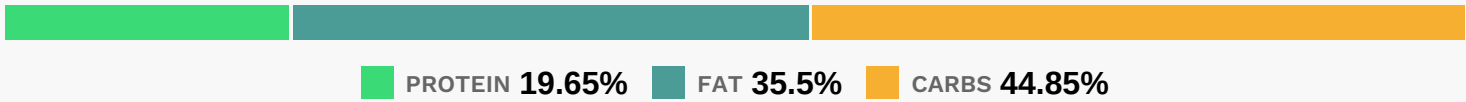
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in 10-inch skillet over medium heat. Cook fish in oil about 8 minutes, carefully turning once, until fish flakes easily with fork.
- ☐ Remove fish from skillet; keep warm.
- ☐ Drain oil from skillet.
- ☐ Melt butter in same skillet over medium heat. Cook walnuts in butter, stirring frequently, until golden.
- ☐ Remove walnuts from skillet.
- ☐ Stir cornstarch and salt into butter remaining in skillet. Stir in broth, orange juice and basil.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute. Carefully stir in kiwifruit until coated. Spoon sauce over fish.
- ☐ Sprinkle with walnuts.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:116.83, Glycemic Load:52.79, Inflammation Score:-7, Nutrition Score:22.212608565455%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg,

Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 522.23kcal (26.11%), Fat: 20.59g (31.67%), Saturated Fat: 3g (18.76%), Carbohydrates: 58.51g (19.5%), Net Carbohydrates: 55.46g (20.17%), Sugar: 8.08g (8.98%), Cholesterol: 68.82mg (22.94%), Sodium: 588.82mg (25.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.64g (51.28%), Selenium: 88.33µg (126.19%), Vitamin C: 54.81mg (66.43%), Manganese: 1.29mg (64.36%), Vitamin K: 44.81µg (42.67%), Phosphorus: 251.8mg (25.18%), Copper: 0.45mg (22.74%), Vitamin E: 2.97mg (19.81%), Magnesium: 71.85mg (17.96%), Folate: 70.65µg (17.66%), Vitamin B6: 0.31mg (15.73%), Iron: 2.66mg (14.76%), Vitamin B3: 2.94mg (14.68%), Potassium: 491.35mg (14.04%), Fiber: 3.05g (12.18%), Vitamin B1: 0.16mg (10.66%), Zinc: 1.51mg (10.07%), Vitamin A: 460.38IU (9.21%), Vitamin B5: 0.91mg (9.09%), Vitamin B2: 0.14mg (8.53%), Calcium: 76.95mg (7.7%), Vitamin B12: 0.45µg (7.43%)