



Orange Roughy with Warm Tomato Salad

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 teaspoon pepper red crushed
- 1 teaspoon dijon mustard
- 0.3 cup less-sodium chicken broth fat-free
- 1 tablespoon basil fresh chopped
- 1 tablespoon parsley fresh chopped
- 0.5 teaspoon garlic minced
- 1.8 cups package grape tomatoes halved (1-pint)

- 2 tablespoons green onions chopped
- 2 teaspoons olive oil
- 24 ounce orange roughy fillets

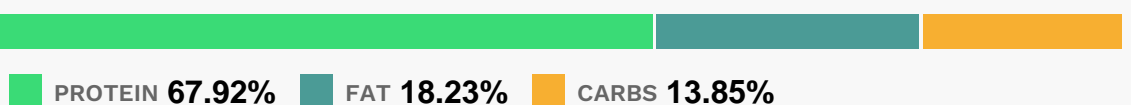
Equipment

- bowl
- whisk
- broiler
- ziploc bags
- slotted spoon
- broiler pan

Directions

- Combine first 7 ingredients in a small bowl; stir with a whisk.
- Pour 1/2 of vinegar mixture into a large heavy-duty zip-top plastic bag; add fish. Seal bag, and marinate in refrigerator 30 minutes, turning bag occasionally.
- Combine tomato, green onions, and parsley in a large bowl. Stir remaining vinegar mixture into tomato mixture. Set aside.
- Preheat broiler.
- Remove fish from marinade; discard marinade.
- Place fish on a broiler pan coated with cooking spray. Using a slotted spoon, spoon tomato mixture evenly over fish, reserving vinegar mixture. Broil 10 minutes or until fish flakes easily when tested with a fork.
- Place fillets on individual serving plates; spoon 1 tablespoon reserved vinegar mixture over each fillet.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:2.12, Inflammation Score:-7, Nutrition Score:14.401304265727%

Flavonoids

Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 176.74kcal (8.84%), Fat: 3.44g (5.3%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 4.83g (1.76%), Sugar: 4.24g (4.71%), Cholesterol: 102.06mg (34.02%), Sodium: 206.44mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.85g (57.7%), Selenium: 114.32µg (163.31%), Vitamin K: 32.52µg (30.97%), Phosphorus: 206.88mg (20.69%), Vitamin E: 2.81mg (18.73%), Vitamin A: 877.65IU (17.55%), Vitamin B3: 3.14mg (15.7%), Folate: 58.09µg (14.52%), Potassium: 484.23mg (13.84%), Vitamin C: 11.04mg (13.38%), Iron: 2.23mg (12.4%), Vitamin B12: 0.67µg (11.25%), Manganese: 0.21mg (10.48%), Magnesium: 40.63mg (10.16%), Copper: 0.18mg (9.17%), Vitamin B6: 0.16mg (7.84%), Vitamin B2: 0.1mg (5.84%), Vitamin B1: 0.08mg (5.62%), Fiber: 1.05g (4.2%), Zinc: 0.57mg (3.78%), Calcium: 33.43mg (3.34%), Vitamin B5: 0.18mg (1.77%)