



Orange Roughy with Wild Rice and Mushrooms

 Gluten Free  Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup mushrooms fresh sliced
- 2.8 ounce rice wild instant uncooked
- 0.5 cup juice of lemon
- 1.3 cups no-salt-added chicken broth canned
- 2 tablespoons butter melted reduced-calorie
- 16 ounce orange roughy fillets
- 0.5 teaspoon paprika

0.5 teaspoon pepper

0.5 teaspoon salt

Equipment

bowl

sauce pan

oven

baking pan

slotted spoon

Directions

Place fish in a shallow baking dish coated with cooking spray.

Combine lemon juice and next 4 ingredients in a small bowl; pour over fish.

Bake fish, uncovered, at 350 for 15 to 17 minutes or until fish flakes easily when tested with a fork. Set aside, and keep warm.

Coat a large saucepan with cooking spray; place over medium-high heat until hot.

Add mushrooms, and saute until tender.

Add rice and broth. Bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes or until rice is tender and liquid is absorbed. To serve, transfer fish to serving plates using a slotted spoon, and spoon 1/2 cup rice mixture over each fillet.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:7.71, Inflammation Score:-6, Nutrition Score:14.840869564077%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 232kcal (11.6%), Fat: 7.31g (11.24%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 17.1g (6.22%), Sugar: 1.86g (2.07%), Cholesterol: 68.04mg (22.68%), Sodium: 465.03mg (20.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.03g (48.05%), Selenium: 78.47µg (112.11%), Phosphorus: 255.2mg (25.52%), Vitamin B3: 5.05mg (25.24%), Manganese: 0.37mg (18.36%), Copper: 0.31mg (15.69%), Vitamin C: 12.32mg (14.94%), Magnesium: 59.64mg (14.91%), Folate: 58.41µg (14.6%), Vitamin B2: 0.23mg (13.7%), Potassium: 460.01mg (13.14%), Vitamin E: 1.86mg (12.41%), Zinc: 1.66mg (11.04%), Iron: 1.92mg (10.65%), Vitamin B6: 0.19mg (9.44%), Vitamin A: 459.8IU (9.2%), Vitamin B12: 0.53µg (8.77%), Vitamin B5: 0.68mg (6.82%), Fiber: 1.69g (6.76%), Vitamin B1: 0.09mg (5.74%), Calcium: 23.96mg (2.4%), Vitamin K: 1.77µg (1.69%)