



Rosemary Grilled Orange Roughy With Italian Mashed Potatoes

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



39 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 0.8 teaspoon rosemary fresh chopped
- 4 lemon wedges
- 0.5 teaspoon lemon zest grated
- 2.5 tablespoons plus 2 teaspoons olive oil extra-virgin divided
- 24 ounce orange roughy fillets
- 1 teaspoon salt divided

2 pounds yukon gold potatoes cubed

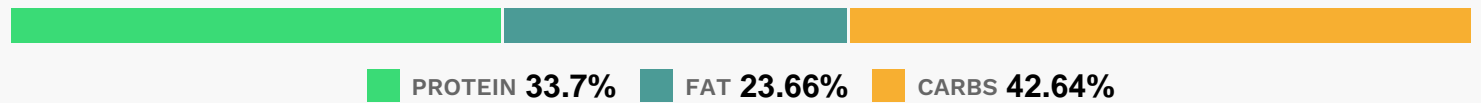
Equipment

- bowl
- frying pan
- sauce pan
- grill
- grill pan

Directions

- Place potatoes in a large saucepan; cover with water. Bring to a boil, and cook 20 minutes or until very tender; drain. Cool, uncovered, 5 minutes. Return potatoes to pan, adding 2 1/2 tablespoons olive oil, 1/2 teaspoon salt, and pepper; mash to desired consistency. Keep warm.
- Combine remaining salt, lemon zest, and rosemary in a small bowl; grind together with the back of a spoon until very well combined.
- Preheat grill or grill pan.
- Brush fillets with remaining 2 teaspoons olive oil; rub evenly on all sides with salt mixture.
- Grill 2 minutes per side or until fish flakes easily with a fork.
- Serve immediately with lemon wedges and potatoes.

Nutrition Facts



Properties

Glycemic Index:35.31, Glycemic Load:29.31, Inflammation Score:-7, Nutrition Score:22.329130742861%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin:

1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 386.78kcal (19.34%), Fat: 10.2g (15.7%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 35.84g (13.03%), Sugar: 2.23g (2.48%), Cholesterol: 102.06mg (34.02%), Sodium: 718.02mg (31.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.7g (65.41%), Selenium: 114.21µg (163.16%), Vitamin C: 54.55mg (66.12%), Vitamin B6: 0.77mg (38.63%), Potassium: 1265.28mg (36.15%), Phosphorus: 314.3mg (31.43%), Vitamin B3: 5.01mg (25.06%), Manganese: 0.45mg (22.35%), Vitamin E: 3.35mg (22.35%), Fiber: 5.54g (22.15%), Magnesium: 82.7mg (20.67%), Folate: 82.56µg (20.64%), Iron: 3.66mg (20.32%), Copper: 0.38mg (19.04%), Vitamin B1: 0.24mg (16.11%), Vitamin B12: 0.65µg (10.77%), Vitamin K: 10.87µg (10.35%), Vitamin B2: 0.15mg (9%), Vitamin B5: 0.79mg (7.94%), Zinc: 1.06mg (7.09%), Calcium: 48.32mg (4.83%), Vitamin A: 128.58IU (2.57%)