



## Skillet Fish and Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 oz chicken broth ready-to-serve canned
- 1 cup baby carrots fresh quartered
- 0.5 cup celery chopped
- 1 tablespoon parsley dried
- 1.8 cups quick-cooking brown rice instant uncooked
- 1 lb orange roughy fillets
- 0.3 teaspoon highest available proof grain spirit

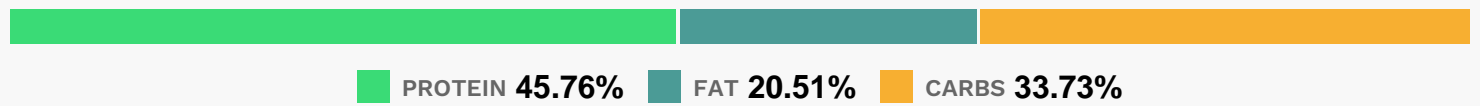
### Equipment

frying pan

## Directions

- In 12-inch nonstick skillet, combine broth, carrots, celery and parsley flakes. Bring to a boil. Reduce heat to medium-low; cover and cook 3 minutes.
- Uncover skillet; return to a boil. Stir in rice. Top with orange roughly fillets; sprinkle with garlic-pepper blend. Reduce heat to medium-low; cover and cook 10 to 15 minutes or until liquid is absorbed and center of fish flakes easily with fork.
- Garnish with fresh parsley sprigs if desired.

## Nutrition Facts



## Properties

Glycemic Index:22, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:23.817825864191%

## Flavonoids

Apigenin: 22.88mg, Apigenin: 22.88mg, Apigenin: 22.88mg, Apigenin: 22.88mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 434.8kcal (21.74%), Fat: 9.57g (14.72%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 35.39g (11.8%), Net Carbohydrates: 33.4g (12.14%), Sugar: 1.76g (1.95%), Cholesterol: 119.42mg (39.81%), Sodium: 618.09mg (26.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.02g (96.04%), Selenium: 108.96µg (155.66%), Vitamin A: 4740.52IU (94.81%), Folate: 149.39µg (37.35%), Vitamin B3: 7.13mg (35.63%), Phosphorus: 338.47mg (33.85%), Iron: 5.28mg (29.32%), Manganese: 0.54mg (27.09%), Vitamin B1: 0.4mg (26.48%), Vitamin B12: 1.46µg (24.31%), Zinc: 3.48mg (23.23%), Vitamin B6: 0.35mg (17.44%), Vitamin K: 16.71µg (15.91%), Potassium: 480.16mg (13.72%), Magnesium: 51.2mg (12.8%), Copper: 0.25mg (12.25%), Vitamin E: 1.79mg (11.91%), Vitamin B2: 0.2mg (11.52%), Fiber: 2g (7.99%), Calcium: 53.93mg (5.39%), Vitamin B5: 0.39mg (3.88%), Vitamin C: 1.85mg (2.24%)