



Skillet Fish and Vegetables



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

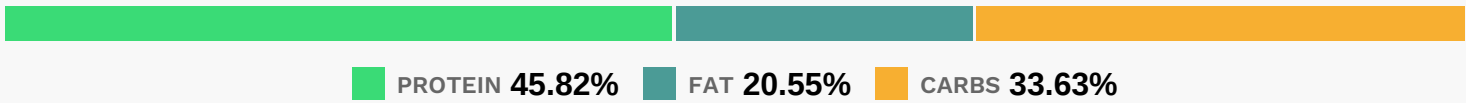
Equipment

☐ 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 roughy 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:15.5, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:23.789999907431%

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: 433.98kcal (21.7%), Fat: 9.56g (14.71%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 35.22g (11.74%), Net Carbohydrates: 33.24g (12.09%), Sugar: 1.75g (1.94%), Cholesterol: 119.42mg (39.81%), Sodium: 618.1mg (26.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.99g (95.98%), Selenium: 108.98µg (155.68%), Vitamin A: 4740.47IU (94.81%), Folate: 149.1µg (37.27%), Vitamin B3: 7.11mg (35.53%), Phosphorus: 337.42mg (33.74%), Iron: 5.28mg (29.31%), Manganese: 0.54mg (27.04%), Vitamin B1: 0.4mg (26.48%), Vitamin B12: 1.46µg (24.31%), Zinc: 3.47mg (23.12%), Vitamin B6: 0.35mg (17.49%), Vitamin K: 16.7µg (15.91%), Potassium: 479.6mg (13.7%), Magnesium: 50.71mg (12.68%), Copper: 0.24mg (12.2%), Vitamin E: 1.78mg (11.89%), Vitamin B2: 0.2mg (11.48%), Fiber: 1.98g (7.93%), Calcium: 54.2mg (5.42%), Vitamin B5: 0.39mg (3.86%), Vitamin C: 1.91mg (2.31%)