



Smothered Orange Roughy

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

READY IN



45 min.

SERVINGS



2

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 bell pepper cut into rings
- 0.5 cup juice of lemon
- 1.5 teaspoons marjoram dried fresh
- 1 small onion sliced
- 0.5 pound orange roughy fillets
- 0.8 cup roma tomatoes chopped (plum)
- 0.1 teaspoon salt
- 1 teaspoon vegetable oil

Equipment

- baking sheet
- baking paper
- oven
- aluminum foil

Directions

- Place fish in shallow glass dish.
- Mix lemon juice and walnut oil; pour over fish. Cover and refrigerate at least 15 minutes but no longer than 1 hour.
- Heat oven to 375F.
- Drain fish; discard marinade.
- Sprinkle fish with marjoram and salt.
- Place fish on 12- to 15-inch length of aluminum foil or parchment paper. Top with tomatoes, bell pepper and onion. Wrap fish in foil, sealing tightly.
- Place on cookie sheet.
- Bake about 15 minutes or until fish flakes easily with fork.

Nutrition Facts

 **PROTEIN 49.58%**  **FAT 19.22%**  **CARBS 31.2%**

Properties

Glycemic Index:48.5, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:18.285652202109%

Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.91mg, Quercetin: 7.91mg,

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Nutrients (% of daily need)

Calories: 157.4kcal (7.87%), Fat: 3.5g (5.38%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 10.27g (3.73%), Sugar: 6.61g (7.34%), Cholesterol: 68.04mg (22.68%), Sodium: 234.68mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.29g (40.58%), Selenium: 75.91µg (108.44%), Vitamin C: 76.47mg (92.69%), Vitamin A: 1760.3IU (35.21%), Folate: 75.53µg (18.88%), Vitamin E: 2.59mg (17.29%), Phosphorus: 165.62mg (16.56%), Potassium: 577.52mg (16.5%), Vitamin B6: 0.29mg (14.37%), Vitamin K: 14µg (13.34%), Vitamin B3: 2.65mg (13.26%), Manganese: 0.25mg (12.4%), Magnesium: 40.03mg (10.01%), Fiber: 2.5g (9.99%), Iron: 1.7mg (9.44%), Copper: 0.17mg (8.34%), Vitamin B1: 0.12mg (7.67%), Vitamin B12: 0.43µg (7.18%), Vitamin B2: 0.11mg (6.59%), Zinc: 0.58mg (3.86%), Vitamin B5: 0.35mg (3.54%), Calcium: 34.45mg (3.45%)