



## Snapper with Lime-Herb Succotash

 Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons olive oil extra virgin
- 2 tablespoons basil fresh chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 garlic clove chopped
- 0.5 cup green onions finely chopped ( 4 onions)
- 0.3 cup juice of lime fresh
- 24 ounce orange roughy fillets red

- 0.3 cup plum tomatoes diced seeded (1 tomato)
- 0.5 teaspoon salt
- 2 cups succotash frozen thawed
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## Equipment

- bowl
- grill

## Directions

- Place fish in a shallow dish.
- Combine green onions and next 5 ingredients; spoon half of green onion mixture over fish. Cover and chill at least 2 hours.
- Combine remaining green onion mixture, succotash, and next 3 ingredients in a bowl. Cover and chill.
- Prepare grill.
- Place fish on a grill rack coated with cooking spray. Grill 5 minutes on each side or until fish flakes easily when tested with a fork.
- Serve with succotash mixture.
- Note: If frozen succotash is not available in your area, substitute 1 cup each of frozen baby lima beans and whole-kernel corn.

## Nutrition Facts

 **PROTEIN 72.84%**  **FAT 18.88%**  **CARBS 8.28%**

## Properties

Glycemic Index:58.5, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:13.431739143703%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

## Nutrients (% of daily need)

Calories: 159.6kcal (7.98%), Fat: 3.28g (5.04%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.55g (0.93%), Sugar: 0.96g (1.06%), Cholesterol: 102.06mg (34.02%), Sodium: 416.91mg (18.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.46g (56.92%), Selenium: 113.68µg (162.39%), Vitamin K: 37.2µg (35.43%), Phosphorus: 194.88mg (19.49%), Vitamin E: 2.55mg (16.98%), Folate: 57.32µg (14.33%), Vitamin B3: 2.81mg (14.03%), Vitamin C: 9.6mg (11.63%), Iron: 2.06mg (11.43%), Potassium: 385.87mg (11.02%), Vitamin B12: 0.65µg (10.77%), Vitamin A: 496.09IU (9.92%), Manganese: 0.19mg (9.28%), Magnesium: 35.78mg (8.94%), Copper: 0.16mg (8.13%), Vitamin B6: 0.13mg (6.34%), Vitamin B2: 0.1mg (5.6%), Vitamin B1: 0.07mg (4.78%), Zinc: 0.5mg (3.35%), Calcium: 33.01mg (3.3%), Fiber: 0.69g (2.74%), Vitamin B5: 0.14mg (1.44%)