



Sole Pinwheels in a Vegetable Nest

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups julienne-cut bell pepper red (1 large)
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion vertically sliced
- ☐ 0.5 teaspoon pepper divided
- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 pounds sole fillets cut lengthwise into 12 strips
- ☐ 3 cups julienne-cut zucchini (2 medium)

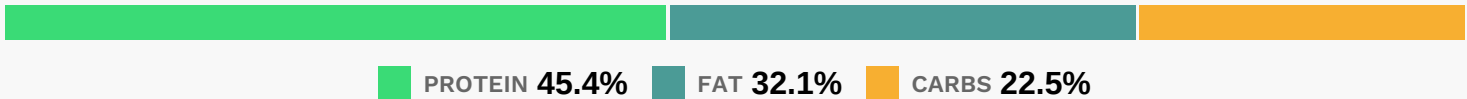
Equipment

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper over fish strips; roll up each strip jelly-roll fashion, and set pinwheels aside.
- ☐ Combine remaining salt, remaining pepper, zucchini, bell pepper, onion, oil, and Italian seasoning in a 9-inch glass pie plate; toss gently.
- ☐ Arrange the fish pinwheels over vegetables, seam sides down, around edge of pie plate. Cover with heavy-duty plastic wrap, and vent. Microwave at high 7 to 8 minutes or until the fish flakes easily when tested with a fork, rotating dish a half-turn after 4 minutes.
- ☐ Let stand, covered, for 3 minutes.
- ☐ Garnish with the lemon slices and parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:2.09, Inflammation Score:-9, Nutrition Score:24.014782470206%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg

Nutrients (% of daily need)

Calories: 203.14kcal (10.16%), Fat: 7.37g (11.34%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 8.17g (2.97%), Sugar: 7.17g (7.97%), Cholesterol: 76.54mg (25.51%), Sodium: 440.73mg (19.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.47g (46.93%), Vitamin C: 114.98mg (139.37%), Selenium: 45.74µg (65.35%), Vitamin A: 2585.4IU (51.71%), Phosphorus: 496.09mg (49.61%), Vitamin B12: 1.92µg (32.03%), Vitamin D: 4.76µg (31.75%), Vitamin B6: 0.59mg (29.45%), Potassium: 740.2mg (21.15%), Vitamin E: 2.97mg

(19.77%), Manganese: 0.38mg (19.05%), Folate: 73.92µg (18.48%), Magnesium: 62.08mg (15.52%), Vitamin B3: 2.99mg (14.95%), Fiber: 3.45g (13.8%), Vitamin K: 13.6µg (12.96%), Vitamin B2: 0.2mg (11.69%), Vitamin B1: 0.14mg (9.27%), Vitamin B5: 0.8mg (7.98%), Calcium: 74.32mg (7.43%), Zinc: 1.11mg (7.42%), Iron: 1.28mg (7.14%), Copper: 0.12mg (5.83%)