



Spicy Fish with Tropical Salsa

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

READY IN



90 min.

SERVINGS



4

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 papaya peeled seeded cut into bite-size pieces
- 2 slices kiwi fruit peeled sliced cut into fourths
- 1 tablespoon cilantro leaves fresh chopped
- 1 tablespoon juice of lime
- 1.5 teaspoons sugar
- 0.1 teaspoon pepper
- 1 lb orange roughy fillets red
- 1 tablespoon worcestershire sauce

- 0.8 teaspoon thyme leaves dried fresh chopped
- 0.1 teaspoon salt
- 0.1 teaspoon garlic powder
- 0.1 teaspoon curry powder
- 0.1 teaspoon pepper red crushed

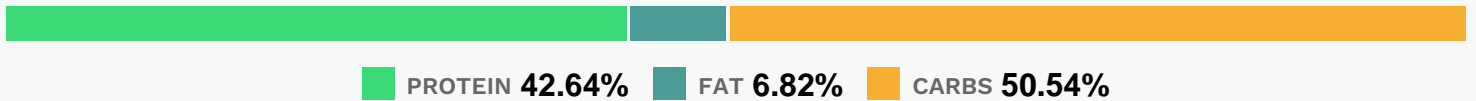
Equipment

- bowl
- oven
- broiler pan

Directions

- In small glass or plastic bowl, mix all salsa ingredients until well blended. Cover; refrigerate 1 hour.
- Set oven control to broil. If fish fillets are large, cut into 4 serving pieces. Spray broiler pan rack with cooking spray.
- Brush both sides of fish with Worcestershire sauce.
- Place on rack in broiler pan.
- Sprinkle fish with thyme, salt, garlic powder, curry powder and red pepper.
- Broil with tops about 4 inches from heat about 7 minutes or until fish flakes easily with fork.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:75.13, Glycemic Load:10.35, Inflammation Score:-9, Nutrition Score:19.205217340718%

Flavonoids

Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

