



Tarragon Fish and Vegetables



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 2 carrots cut into julienne strips (1 1/2x1/4x1/4 inch)
- ☐ 1 zucchini cut into julienne strips (1 1/2x1/4x1/4 inch)
- ☐ 1 small bell pepper red cut into thin strips
- ☐ 0.5 cup onion red sliced
- ☐ 24 oz orange roughy fillets
- ☐ 4 teaspoons tarragon dried fresh chopped
- ☐ 2 tablespoons butter chilled

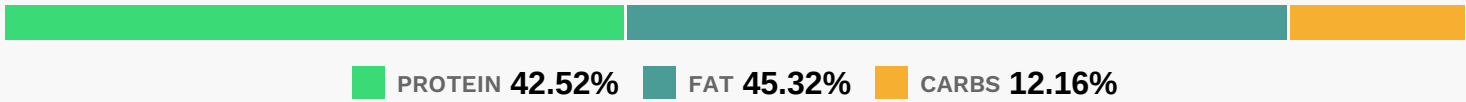
Equipment

- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F.
- ☐ Heat oil in medium skillet over medium-high heat until hot.
- ☐ Add carrots, zucchini, bell pepper and onion; cook and stir 2 to 3 minutes or until vegetables are crisp-tender.
- ☐ Arrange orange roughy fillets in ungreased 13x9-inch (3-quart) glass baking dish. If desired, sprinkle each fillet with salt and pepper. Top each with 1/4 of vegetable mixture, tarragon and butter.
- ☐ Bake at 400°F. for 15 to 20 minutes or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:47.71, Glycemic Load:2.37, Inflammation Score:-10, Nutrition Score:21.555217380109%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 279.26kcal (13.96%), Fat: 14.08g (21.66%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 6.28g (2.28%), Sugar: 4.3g (4.77%), Cholesterol: 102.06mg (34.02%), Sodium: 216.22mg (9.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.71g (59.42%), Selenium: 113.79µg (162.56%), Vitamin A: 6226.42IU (124.53%), Vitamin C: 36.74mg (44.54%), Phosphorus: 229.78mg (22.98%), Vitamin E: 3.37mg (22.47%), Manganese: 0.42mg (21.06%), Folate: 79.64µg (19.91%), Vitamin K: 20.82µg (19.82%), Potassium: 641.13mg (18.32%),

Vitamin B3: 3.51mg (17.54%), Vitamin B6: 0.34mg (16.85%), Iron: 2.76mg (15.33%), Magnesium: 52.77mg (13.19%),
Vitamin B2: 0.19mg (11.22%), Vitamin B12: 0.65µg (10.89%), Copper: 0.19mg (9.59%), Fiber: 2.22g (8.88%), Vitamin
B1: 0.12mg (7.99%), Calcium: 63.99mg (6.4%), Zinc: 0.78mg (5.2%), Vitamin B5: 0.36mg (3.59%)