

# Chili-Rubbed Porgy with Lime Butter & Vegetable Quinoa

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/quinoa-and-swiss-chard-recipe>

## Ingredients:

- 2 tablespoons butter
- 1 lime
- 1 red onion
- 1 bunch cilantro
- 1 bunch Swiss chard
- 4 ounces okra
- 3/4 cup quinoa
- 2 fillets Porgy
- 2 teaspoons ancho chili powder

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 15 milligrams
4. Fat: 8 grams
5. Fiber: 7 grams
6. Protein: 8 grams
7. SaturatedFat: 4 grams
8. Sodium: 230 milligrams
9. Sugar: 3 grams

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