



Caribbean Fish



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounce almonds toasted sliced
- ☐ 4 teaspoons butter
- ☐ 0.3 teaspoon cajun spice
- ☐ 4 teaspoons parsley fresh chopped
- ☐ 4 teaspoons juice of lime fresh
- ☐ 4 teaspoons lime rind grated
- ☐ 24 ounce orange roughy fillets
- ☐ 0.3 teaspoon pepper

- ☐ 1 medium size bell pepper red cut into strips
- ☐ 0.5 teaspoon salt
- ☐ 2 medium size baby squash yellow sliced

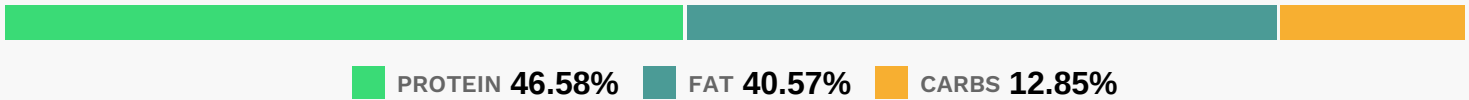
Equipment

- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Tear off 4 (18- x 12-inch) heavy-duty aluminum foil sheets.
- ☐ Place a fillet in center of each foil sheet; sprinkle evenly with salt, pepper, and Cajun seasoning. Top evenly with squash and bell pepper; dot with butter.
- ☐ Sprinkle evenly with lime rind and remaining ingredients.
- ☐ Bring up 2 sides of each foil sheet, and double fold with about 1-inch-wide folds. Double fold each end to form a packet, leaving room for heat circulation inside packet.
- ☐ Place packets on a baking sheet.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 10 to 15 minutes or until fish flakes easily.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:1.28, Inflammation Score:-9, Nutrition Score:22.970434707144%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg

Naringenin: 0.15mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 273.26kcal (13.66%), Fat: 12.58g (19.36%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 5.34g (1.94%), Sugar: 4.16g (4.62%), Cholesterol: 102.06mg (34.02%), Sodium: 463.9mg (20.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.51g (65.02%), Selenium: 114.29µg (163.27%), Vitamin C: 56.97mg (69.05%), Vitamin E: 6.47mg (43.11%), Manganese: 0.63mg (31.68%), Vitamin A: 1499.71IU (29.99%), Phosphorus: 298.02mg (29.8%), Vitamin B2: 0.41mg (23.97%), Folate: 93.51µg (23.38%), Magnesium: 88.58mg (22.15%), Vitamin B6: 0.41mg (20.72%), Potassium: 722.61mg (20.65%), Vitamin B3: 3.91mg (19.56%), Copper: 0.33mg (16.71%), Iron: 2.78mg (15.44%), Fiber: 3.63g (14.52%), Vitamin B12: 0.65µg (10.86%), Vitamin B1: 0.15mg (9.86%), Zinc: 1.21mg (8.05%), Calcium: 74.24mg (7.42%), Vitamin K: 7.58µg (7.21%), Vitamin B5: 0.42mg (4.19%)