



## Fish Baked in Lettuce Pockets

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



2

CALORIES



461 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 large romaine leaves
- 1 medium carrots shredded
- 1 small zucchini shredded
- 1.5 pounds fish fillet fresh thawed cut into 6 serving pieces ()
- 1 teaspoon marjoram dried
- 1 serving salt and pepper to taste
- 2 tablespoons butter

### Equipment

- oven
- baking pan

## Directions

- Heat oven to 400°F.
- Place a few lettuce leaves at a time in hot water.
- Let stand 1 to 2 minutes or until wilted; drain.
- Mound a portion of the carrot and zucchini near stem end of each lettuce leaf.
- Place 1 piece fish on vegetables.
- Sprinkle with marjoram, salt and pepper; dot with butter.
- Fold lettuce leaf over fish; place seam side down in ungreased rectangular baking dish, 13x9x2 inches. (Vegetables should be on top of fish.) Cover and bake 25 to 30 minutes or until fish flakes easily with fork.

## Nutrition Facts

**PROTEIN 60.38%** **FAT 33.53%** **CARBS 6.09%**

## Properties

Glycemic Index:30.92, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:36.189999870632%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 460.72kcal (23.04%), Fat: 17.32g (26.64%), Saturated Fat: 4.39g (27.42%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 4.89g (1.78%), Sugar: 3.64g (4.05%), Cholesterol: 170.1mg (56.7%), Sodium: 451.78mg (19.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.16g (140.32%), Vitamin A: 11049.02IU (220.98%), Selenium: 142.78µg (203.98%), Vitamin B12: 5.39µg (89.82%), Vitamin B3: 14.14mg (70.68%), Vitamin D: 10.55µg (70.31%), Phosphorus: 635.68mg (63.57%), Potassium: 1425.32mg (40.72%), Vitamin B6: 0.76mg (38.16%), Folate: 129.24µg (32.31%), Vitamin C: 25.37mg (30.76%), Magnesium: 116.09mg (29.02%), Manganese: 0.49mg (24.64%), Vitamin B2: 0.36mg (21.46%), Vitamin B5: 1.87mg (18.72%), Vitamin B1: 0.26mg (17.31%), Iron: 2.91mg (16.14%), Vitamin E: 2.28mg (15.22%), Copper: 0.3mg (15.04%), Vitamin K: 11.64µg (11.08%), Zinc: 1.53mg (10.2%), Fiber: 2.18g (8.74%), Calcium: 84.7mg (8.47%)