

 100%  
HEALTH SCORE

## Fish Baked in Lettuce Pockets



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



921 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

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

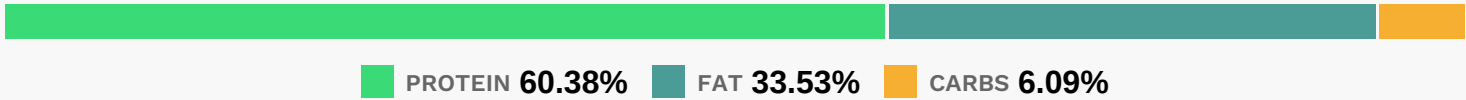
## Equipment

- ☐ oven
- ☐ baking pan

## Directions

- ☐ Heat oven to 400F.
- ☐ 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



## Properties

Glycemic Index:61.83, Glycemic Load:2.31, Inflammation Score:-10, Nutrition Score:55.478695496269%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## Nutrients (% of daily need)

Calories: 921.43kcal (46.07%), Fat: 34.64g (53.29%), Saturated Fat: 8.78g (54.85%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 9.78g (3.56%), Sugar: 7.29g (8.09%), Cholesterol: 340.19mg (113.4%), Sodium: 903.56mg (39.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 140.32g (280.64%), Vitamin A: 22098.05IU (441.96%), Selenium: 285.57µg (407.95%), Vitamin B12: 10.78µg (179.64%), Vitamin B3: 28.27mg (141.37%), Vitamin D: 21.09µg (140.61%), Phosphorus: 1271.36mg (127.14%), Potassium: 2850.64mg (81.45%), Vitamin B6: 1.53mg (76.32%), Folate: 258.48µg (64.62%), Vitamin C: 50.75mg (61.51%), Magnesium: 232.18mg (58.04%), Manganese: 0.99mg (49.29%), Vitamin B2: 0.73mg (42.92%), Vitamin B5: 3.74mg (37.44%), Vitamin B1: 0.52mg (34.63%), Iron: 5.81mg (32.28%), Vitamin E: 4.57mg (30.45%), Copper: 0.6mg (30.08%), Vitamin K: 23.27µg (22.16%), Zinc: 3.06mg (20.41%), Fiber: 4.37g (17.47%), Calcium: 169.4mg (16.94%)