



Fish Fillets with Tomatoes, Squash, and Basil



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 cherry tomatoes halved
- ☐ 4 tablespoons wine dry white
- ☐ 24 ounce fish fillet skinless white (such as Atlantic cod or halibut)
- ☐ 0.3 cup basil fresh divided thinly sliced
- ☐ 4 servings pepper freshly ground
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.3 cup shallots thinly sliced
- ☐ 2 cups to 3 sized squashes yellow assorted very thinly sliced (such as zucchini, crookneck, and pattypan)

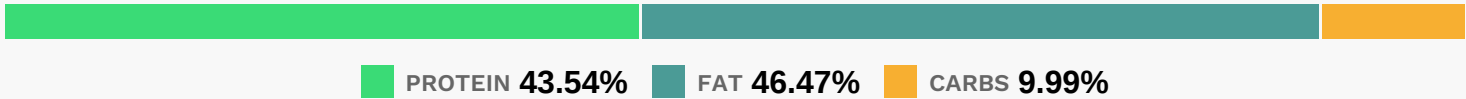
Equipment

- ☐ oven
- ☐ toothpicks
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Place four 14x12" sheets of parchmentpaper, or heavy-duty foil if grilling, on a worksurface. Divide squash among parchmentsheets, arranging on one side of sheet inthin layers.
- ☐ Sprinkle shallots and sliced basilover, dividing equally. Scatter tomato halvesaround squash.
- ☐ Drizzle each packet with1 tablespoons wine and 1/2 tablespoon oil (add 1/2 tablespoonwater to each if grilling). Season with salt andpepper.
- ☐ Place a fish fillet atop each portion.Season with salt and pepper; drizzle 1/2 tablespoonoil over each.
- ☐ Fold parchment over mixture and crimpedges tightly to form a sealed packet.DO AHEAD: Can be made 4 hours ahead.Chill.
- ☐ Let stand at room temperature for15 minutes before continuing.
- ☐ Preheat oven to 400°F.
- ☐ Place packetsin a single layer on a large rimmed bakingsheet. Alternatively, build a medium fire in acharcoal grill, or heat a gas grill to medium-high.
- ☐ Bake or grill fish until just cookedthrough (a toothpick poked through theparchment will slide through fish easily),about 10 minutes. Carefully cut openpackets (steam will escape).
- ☐ Garnish withbasil leaves.
- ☐ Per serving: 300 calories, 15 g fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:1.09, Inflammation Score:-7, Nutrition Score:22.70217412451%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 334.94kcal (16.75%), Fat: 17.11g (26.33%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 6.54g (2.38%), Sugar: 4.67g (5.19%), Cholesterol: 85.05mg (28.35%), Sodium: 101.81mg (4.43%), Alcohol: 1.54g (100%), Alcohol %: 0.55% (100%), Protein: 36.08g (72.17%), Selenium: 71.84µg (102.63%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 7.43mg (37.13%), Vitamin C: 30.44mg (36.89%), Vitamin D: 5.27µg (35.15%), Phosphorus: 347.01mg (34.7%), Vitamin B6: 0.53mg (26.35%), Potassium: 912.96mg (26.08%), Vitamin E: 3.26mg (21.73%), Vitamin K: 21.45µg (20.43%), Folate: 74.47µg (18.62%), Magnesium: 68.92mg (17.23%), Manganese: 0.34mg (17.09%), Vitamin B2: 0.21mg (12.51%), Vitamin A: 608.91IU (12.18%), Copper: 0.24mg (12.04%), Iron: 2.08mg (11.57%), Vitamin B5: 1.08mg (10.8%), Vitamin B1: 0.14mg (9.18%), Fiber: 1.74g (6.96%), Zinc: 0.93mg (6.23%), Calcium: 44.89mg (4.49%)