



Foil-Pack Fish Florentine for Two

 **Gluten Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



2

CALORIES



424 kcal

Ingredients

- 2 cups tightly baby spinach leaves packed coarsely chopped
- 0.5 lb halibut fillet
- 1 cup rice white instant uncooked
- 1 Tbsp parmesan cheese grated kraft
- 0.3 cup sun tomato vinaigrette dressing dried kraft
- 1 cup warm water

Equipment

- frying pan
- oven

aluminum foil

Directions

Heat oven to 375F.

Spoon 1/2 cup rice onto center of each of 2 large sheets of heavy-duty foil with sides slightly turned up.

Pour 1/2 cup warm water over each mound of rice; top with 1 fish piece. Arrange spinach around fish; drizzle with dressing.

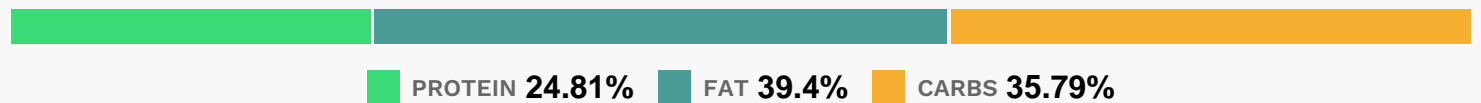
Bring up foil sides. Double fold top and ends to seal each packet, leaving room for heat circulation inside.

Place in single layer in shallow pan.

Bake 15 min.

Cut slits in foil to release steam before opening packets; top with cheese.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.14, Inflammation Score:-10, Nutrition Score:29.543913177822%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 424.33kcal (21.22%), Fat: 18.39g (28.29%), Saturated Fat: 3.65g (22.79%), Carbohydrates: 37.58g (12.53%), Net Carbohydrates: 36.1g (13.13%), Sugar: 0.93g (1.03%), Cholesterol: 57.74mg (19.25%), Sodium: 155.09mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.05g (52.11%), Vitamin K: 175.86µg (167.49%), Selenium: 69.38µg (99.12%), Vitamin A: 2910.7IU (58.21%), Vitamin B3: 10.61mg (53.07%), Folate: 190.21µg (47.55%), Vitamin B6: 0.73mg (36.72%), Vitamin D: 5.34µg (35.61%), Manganese: 0.71mg (35.36%), Phosphorus: 348.91mg (34.89%), Vitamin B1: 0.48mg (31.93%), Vitamin B12: 1.28µg (21.35%), Iron: 3.71mg (20.64%), Potassium: 679.39mg (19.41%), Vitamin E: 2.77mg (18.48%), Magnesium: 57.86mg (14.46%), Vitamin C: 8.43mg (10.22%), Zinc: 1.3mg (8.68%), Copper: 0.16mg (8.06%), Calcium: 72.75mg (7.27%), Vitamin B2: 0.11mg (6.55%), Vitamin B5: 0.6mg (6.02%), Fiber: 1.48g (5.91%)