



Foil-Packet Fish With Corn Relish

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon coriander seeds
- 1 cup cilantro leaves fresh plus more for garnish
- 1.8 cups corn kernels fresh frozen thawed (; if)
- 1 cup parsley fresh
- 1 piece ginger peeled roughly chopped
- 4 servings kosher salt
- 2 limes cut into wedges
- 24 ounce striped-bass fillets skinless ()

- 2 medium tomatoes cut into chunks
- 2 tablespoons vegetable oil

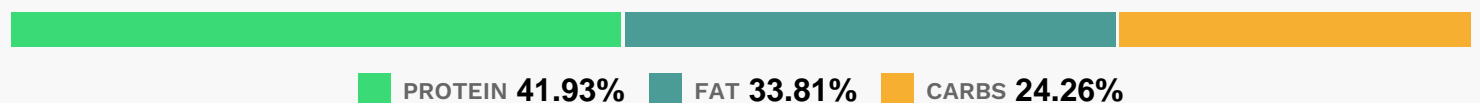
Equipment

- food processor
- bowl
- frying pan
- grill
- aluminum foil
- measuring cup
- cutting board

Directions

- Preheat a grill to high. Toast the coriander seeds in a dry skillet over medium-high heat, tossing, about 3 minutes. Crush the seeds on a cutting board (the bottom of a measuring cup works well), then pulse with the parsley, cilantro, ginger, vegetable oil, 1/2 teaspoon salt and 1 tablespoon water in a food processor to make a coarse mixture. Toss the corn and tomatoes with 2 teaspoons of the herb mixture in a bowl and season with salt. Tear off four large sheets (about 16 inches long) of heavy-duty foil.
- Place one piece of fish in the center of each. (If the ends of the fillets are thin, tuck them under.) Top with a spoonful of the remaining herb mixture and surround with the corn-tomato relish. Fold up the ends of the foil and seal into packets, leaving room inside for heat circulation. Grill the packets, covered, until the fish is just cooked through, 8 to 10 minutes. Carefully open the packets and slide the fish and vegetables onto plates. Top with more cilantro and serve with lime.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:1.65, Inflammation Score:-9, Nutrition Score:30.121738848479%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 309.99kcal (15.5%), Fat: 12.05g (18.54%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 19.45g (6.48%), Net Carbohydrates: 15.66g (5.69%), Sugar: 6.35g (7.05%), Cholesterol: 136.08mg (45.36%), Sodium: 335.06mg (14.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.63g (67.27%), Vitamin K: 276.16µg (263.01%), Vitamin B12: 6.5µg (108.3%), Selenium: 62.79µg (89.71%), Vitamin C: 43.71mg (52.98%), Vitamin A: 2334.28IU (46.69%), Phosphorus: 427.3mg (42.73%), Vitamin B6: 0.66mg (32.76%), Magnesium: 111.23mg (27.81%), Vitamin B3: 5.39mg (26.96%), Potassium: 904.23mg (25.84%), Vitamin B1: 0.32mg (21.23%), Folate: 79.33µg (19.83%), Vitamin B5: 1.94mg (19.44%), Iron: 3.22mg (17.9%), Fiber: 3.8g (15.19%), Manganese: 0.26mg (12.84%), Copper: 0.19mg (9.27%), Zinc: 1.32mg (8.83%), Vitamin E: 1.22mg (8.16%), Vitamin B2: 0.13mg (7.5%), Calcium: 71.31mg (7.13%)