



Foil-Wrapped Fish with Creamy Parmesan Sauce

 Gluten Free

READY IN



22 min.

SERVINGS



22

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 tsp ground pepper red (cayenne)
- 0.3 cup real mayo mayonnaise kraft
- 0.3 cup parmesan cheese grated kraft
- 0.5 bell pepper red cut into strips
- 1 lb tilapia fillets frozen thawed
- 2 zucchini sliced

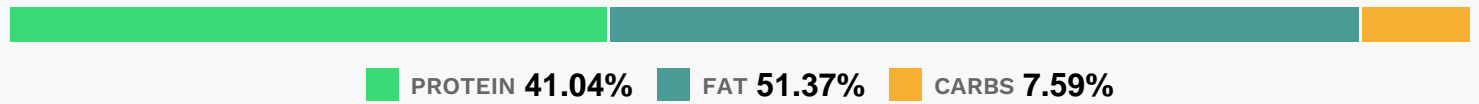
Equipment

- grill
- aluminum foil

Directions

- Heat grill to medium-high heat.
- Spray 4 large sheets of heavy-duty foil with cooking spray.
- Place 1 fish fillet on center of each sheet; spread with mayo.
- Top with remaining ingredients; fold to make 4 packets.
- Grill 10 to 12 min. or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:5.86, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:3.2795652436173%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 45.65kcal (2.28%), Fat: 2.64g (4.06%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.58g (0.64%), Cholesterol: 12.37mg (4.12%), Sodium: 48.31mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.49%), Selenium: 9.11µg (13.02%), Vitamin C: 6.66mg (8.07%), Vitamin B12: 0.34µg (5.74%), Vitamin K: 5.36µg (5.11%), Phosphorus: 50.29mg (5.03%), Vitamin B3: 0.91mg (4.57%), Vitamin D: 0.65µg (4.33%), Vitamin B6: 0.07mg (3.58%), Potassium: 117.28mg (3.35%), Vitamin A: 136.06IU (2.72%), Folate: 10.68µg (2.67%), Magnesium: 9.54mg (2.38%), Manganese: 0.04mg (2.18%), Vitamin B2: 0.04mg (2.15%), Vitamin E: 0.24mg (1.59%), Calcium: 15.37mg (1.54%), Vitamin B5: 0.15mg (1.53%), Copper: 0.03mg (1.32%), Vitamin B1: 0.02mg (1.24%), Zinc: 0.19mg (1.23%), Iron: 0.2mg (1.13%)