






 **80%**
HEALTH SCORE

Green Bean and Bass Pouches

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

READY IN

45 min.

SERVINGS

4

CALORIES

306 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 2 baby bok choy sliced lengthwise
- 4 servings pepper black freshly ground
- 2 tablespoons cilantro leaves fresh chopped
- 12 slices gingerroot fresh peeled thin
- 1 pound green beans fresh trimmed
- 1 teaspoon ground coriander
- 0.5 cup hoisin sauce
- 0.3 cup orange juice

- 1 small bell pepper red seeded sliced
- 2 scallions finely chopped
- 24 ounce sea bass fillets black
- 2 teaspoons seafood seasoning

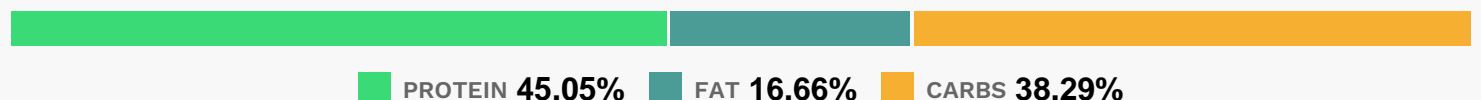
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Preheat the oven to 425 degrees F.
- Cut off 4 large rectangles of foil, 16 to 18 inches each. Put a piece of the foil on a baking sheet and spread the other 3 across the countertop. Scatter 1/4 of the beans, peppers, and bok choy in the center of each piece of foil. Arrange 3 slices of ginger on top of each vegetable stack.
- Combine the coriander, seafood seasoning, and a few grinds of black pepper in a small bowl, then sprinkle the mixture over the top of the fish. Arrange the fillets over the vegetables.
- In a small bowl combine the hoisin with the orange juice, then drizzle the sauce evenly over the fish.
- Sprinkle with the scallions and cilantro and fold the long sides of the foil up over the fish.
- Roll the foil down a few turns to secure, then roll in the short sides to close the packet. Once the packets are formed you should be able to line them up on a large baking sheet.
- Bake until the fish is just opaque (open 1 packet to check), about 15 minutes.
- Remove the baking sheet from the oven and transfer the pouches onto serving plates. Open the pouches, and serve.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:3.53, Inflammation Score:-10, Nutrition Score:33.59000017332%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 306.48kcal (15.32%), Fat: 5.69g (8.75%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 29.43g (9.81%), Net Carbohydrates: 23.79g (8.65%), Sugar: 16g (17.78%), Cholesterol: 137.11mg (45.7%), Sodium: 720.96mg (31.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.62g (69.24%), Vitamin B12: 6.5µg (108.3%), Selenium: 63.71µg (91.01%), Vitamin C: 72.53mg (87.92%), Vitamin A: 4162.27IU (83.25%), Vitamin K: 71.12µg (67.73%), Phosphorus: 408.66mg (40.87%), Vitamin B6: 0.78mg (38.93%), Magnesium: 116.46mg (29.11%), Vitamin B3: 5.17mg (25.85%), Manganese: 0.5mg (24.78%), Potassium: 842.67mg (24.08%), Fiber: 5.64g (22.55%), Iron: 4.03mg (22.41%), Folate: 79.82µg (19.95%), Vitamin B1: 0.3mg (19.82%), Vitamin B5: 1.66mg (16.62%), Calcium: 162.98mg (16.3%), Vitamin B2: 0.27mg (16.16%), Copper: 0.22mg (10.93%), Zinc: 1.22mg (8.12%), Vitamin E: 0.93mg (6.18%)