



Grilled Halibut, Lettuce, and Tapenade Bundles



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



242 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 pound pacific halibut filets thick (1 in.)
- ☐ 4 servings lemon wedges
- ☐ 4 servings olive oil
- ☐ 0.5 cup olive tapenade green
- ☐ 12 large very romaine lettuce leaves

Equipment

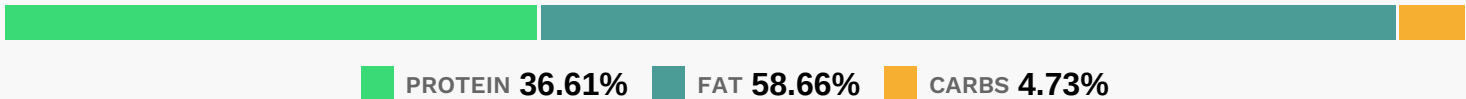
- ☐ bowl

- ☐ pot
- ☐ grill
- ☐ kitchen towels

Directions

- ☐ Heat grill to medium (about 375). Cook lettuce leaves 2 or 3 at a time in a pot of boiling water until ribs are flexible, 1 1/2 to 3 minutes; as done, transfer to a bowl of ice water.
- ☐ Lay leaves flat with smooth sides up on kitchen towels and pat dry.
- ☐ Spread the 8 largest leaves with tapenade.
- ☐ Cut fish into 8 pieces, each about 2 1/2 in. wide; set 1 at base of each leaf. If leaf isn't big enough to enclose fish, overlap leaf with another.
- ☐ Roll up each bundle from base, folding in sides (gently crack lettuce ribs if needed).
- ☐ Brush bundles with oil. Discard any extra leaves.
- ☐ Grill, turning once, until fish is just opaque, 8 minutes.
- ☐ Serve with lemon.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:0.02, Inflammation Score:-10, Nutrition Score:24.21956518422%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 241.52kcal (12.08%), Fat: 15.76g (24.25%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 1.06g (0.39%), Sugar: 1.02g (1.14%), Cholesterol: 55.57mg (18.52%), Sodium: 84.13mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.14g (44.27%), Vitamin A: 7392.6IU (147.85%), Vitamin K: 94.53µg (90.03%), Selenium: 52.05µg (74.36%), Vitamin B3: 7.65mg (38.23%), Vitamin D: 5.33µg (35.53%), Vitamin

B6: 0.68mg (34.22%), Folate: 127.96µg (31.99%), Phosphorus: 292.98mg (29.3%), Vitamin B12: 1.25µg (20.79%), Potassium: 702.28mg (20.07%), Vitamin E: 2.82mg (18.79%), Magnesium: 37.92mg (9.48%), Vitamin B1: 0.12mg (7.84%), Fiber: 1.79g (7.17%), Manganese: 0.14mg (7.15%), Iron: 1.08mg (6%), Vitamin B2: 0.09mg (5.32%), Vitamin B5: 0.51mg (5.1%), Vitamin C: 3.89mg (4.72%), Zinc: 0.6mg (4.01%), Calcium: 36.06mg (3.61%), Copper: 0.07mg (3.34%)