



Grilled Herbed Seafood Foil Packs

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb bay scallops
- 0.5 lb orange roughy fillets cut into 1-inch pieces
- 0.5 lb shrimp frozen thawed deveined uncooked peeled
- 2 tablespoons marjoram dried fresh chopped
- 0.5 teaspoon lemon zest grated
- 0.1 teaspoon pepper white
- 3 tablespoons butter melted
- 2 tablespoons juice of lemon

4 cups noodles hot cooked

Equipment

grill

aluminum foil

Directions

Heat gas or charcoal grill. Spray 1 (18x18-inch) sheet of heavy-duty foil with cooking spray.

Arrange scallops, fish pieces and shrimp on foil, placing shrimp on top.

Sprinkle with marjoram, lemon peel and white pepper.

Drizzle with butter and lemon juice. Bring corners of foil up to center and seal loosely.

Place packet on grill over medium heat. Cover grill; cook 8 to 10 minutes or until scallops are white and opaque, fish flakes easily with fork and shrimp are pink.

Serve seafood mixture over pasta.

Nutrition Facts

PROTEIN 35.38% **FAT 24.38%** **CARBS 40.24%**

Properties

Glycemic Index:12.13, Glycemic Load:16.56, Inflammation Score:-6, Nutrition Score:15.246956472811%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 396.22kcal (19.81%), Fat: 10.6g (16.31%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 39.36g (13.12%), Net Carbohydrates: 36.78g (13.37%), Sugar: 0.9g (1%), Cholesterol: 138.91mg (46.3%), Sodium: 431.61mg (18.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.61g (69.22%), Selenium: 76.15µg (108.79%), Phosphorus: 445.74mg (44.57%), Manganese: 0.49mg (24.65%), Copper: 0.41mg (20.4%), Iron: 3.43mg (19.06%), Vitamin B12: 1.03µg (17.09%), Magnesium: 67.43mg (16.86%), Zinc: 2.05mg (13.64%), Potassium: 440.11mg (12.57%), Fiber: 2.58g (10.33%), Vitamin A: 498.23IU (9.96%), Folate: 36.42µg (9.11%), Vitamin B3: 1.79mg (8.94%), Calcium: 77.02mg

(7.7%), Vitamin E: 1.11mg (7.37%), Vitamin B6: 0.15mg (7.26%), Vitamin K: 6.61µg (6.3%), Vitamin C: 3.77mg (4.57%),
Vitamin B2: 0.07mg (3.88%), Vitamin B1: 0.05mg (3.4%), Vitamin B5: 0.3mg (3.02%)