



## Grilled Herbed Seafood Foil Packs

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 lb bay scallops
- 3 tablespoons butter melted
- 4 cups noodles hot cooked
- 2 tablespoons juice of lemon
- 0.5 teaspoon lemon zest grated
- 0.5 lb orange roughy fillets cut into 1-inch pieces
- 0.5 lb shrimp frozen thawed deveined uncooked peeled
- 0.1 teaspoon pepper white

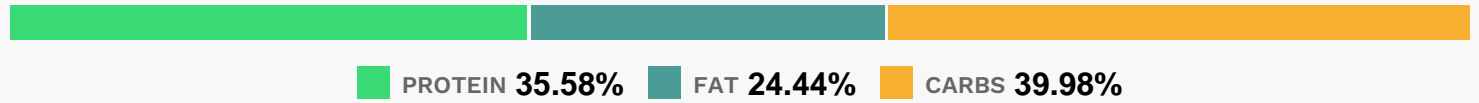
# Equipment

- 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



# Properties

Glycemic Index:12.13, Glycemic Load:16.56, Inflammation Score:-5, Nutrition Score:14.227391382922%

# 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 Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 393.51kcal (19.68%), Fat: 10.53g (16.2%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 38.76g (12.92%), Net Carbohydrates: 36.58g (13.3%), Sugar: 0.86g (0.95%), Cholesterol: 138.91mg (46.3%), Sodium: 430.84mg (18.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.48g (68.97%), Selenium: 76.11µg (108.72%), Phosphorus: 442.68mg (44.27%), Manganese: 0.44mg (21.93%), Copper: 0.4mg (19.84%), Vitamin B12: 1.03µg (17.09%), Magnesium: 63.97mg (15.99%), Iron: 2.6mg (14.47%), Zinc: 2.01mg (13.4%), Potassium: 424.89mg (12.14%), Vitamin B3: 1.75mg (8.73%), Fiber: 2.18g (8.72%), Folate: 33.68µg (8.42%), Vitamin A: 417.55IU (8.35%), Vitamin E: 1.09mg (7.26%), Vitamin B6: 0.13mg (6.67%), Calcium: 57.12mg (5.71%), Vitamin C: 3.26mg (3.95%), Vitamin B2: 0.06mg (3.69%), Vitamin B1: 0.05mg (3.2%), Vitamin B5: 0.3mg (3.02%)