



## Grilled Lemon Pepper Halibut and Squash Foil Packs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound pacific halibut filets
- 2 teaspoons basil dried
- 1 teaspoon lemon pepper
- 1 teaspoon lawry's seasoned salt
- 3 medium summer squash cut into 2x1-inch strips
- 1 medium bell pepper red cut into 1-inch pieces
- 2 tablespoons vegetable oil

## Equipment

- grill
- aluminum foil

## Directions

- Heat coals or gas grill for direct heat.
- Cut four 18x12-inch pieces of heavy-duty foil; spray with cooking spray.
- Cut fish into 4 serving pieces if necessary.
- Place 1 fish piece on each foil piece.
- Sprinkle fish with 1 teaspoon of the basil, 1/2 teaspoon of the lemon pepper and 1/2 teaspoon of the seasoned salt.
- Arrange zucchini and bell pepper over fish.
- Sprinkle with remaining basil, lemon pepper and seasoned salt.
- Drizzle with oil. Fold foil over fish and vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- Cover and grill packets over medium heat 15 to 20 minutes or until fish flakes with fork and vegetables are tender.
- Place packets on plates.
- Cut large X across top of each packet; fold back foil.

## Nutrition Facts

 **PROTEIN 46.5%**  **FAT 39%**  **CARBS 14.5%**

## Properties

Glycemic Index:36.5, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:23.859999843266%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 196.98kcal (9.85%), Fat: 8.7g (13.38%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 4.72g (1.72%), Sugar: 4.5g (4.99%), Cholesterol: 55.57mg (18.52%), Sodium: 663.09mg (28.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.66%), Vitamin C: 63.07mg (76.45%), Selenium: 52.07µg (74.39%), Vitamin B6: 1.04mg (51.83%), Vitamin B3: 8.42mg (42.1%), Vitamin D: 5.33µg (35.53%), Phosphorus: 333.37mg (33.34%), Potassium: 961.11mg (27.46%), Vitamin K: 27.76µg (26.44%), Vitamin A: 1307.9IU (26.16%), Manganese: 0.42mg (20.87%), Vitamin B12: 1.25µg (20.79%), Folate: 71.56µg (17.89%), Vitamin B2: 0.27mg (16.17%), Magnesium: 59.07mg (14.77%), Vitamin E: 1.95mg (13.02%), Fiber: 2.56g (10.23%), Vitamin B1: 0.14mg (9.62%), Iron: 1.33mg (7.38%), Vitamin B5: 0.72mg (7.22%), Zinc: 0.95mg (6.35%), Copper: 0.12mg (6.19%), Calcium: 45.85mg (4.58%)