



 **56%**
HEALTH SCORE

Grilled Mexican Fish Foil Pack

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



6

CALORIES



112 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds pacific halibut filets
- 0.3 cup pimientos sliced
- 2 teaspoons capers
- 0.8 cup tomatoes seeded coarsely chopped
- 3 tablespoons spring onion thinly sliced
- 1 clove garlic finely chopped
- 2 tablespoons juice of lemon
- 0.3 teaspoon salt

- 0.1 teaspoon pepper
- 1 serving lemon wedges

Equipment

- grill
- aluminum foil

Directions

- Heat coals or gas grill for direct heat. If fish fillets are large, cut into 6 serving pieces.
- Place fish in heavy-duty aluminum foil bag.
- Mix olives, capers, tomato, onions and garlic; spoon over fish.
- Drizzle with lemon juice.
- Sprinkle with salt and pepper. Double-fold open end of bag.
- Cover and grill bag 5 to 6 inches from medium heat about 15 minutes or until fish flakes easily with fork.
- Place bag on serving plate.
- Cut large X across top of packet; fold back foil.
- Serve fish with lemon wedges.

Nutrition Facts

 **PROTEIN 79.22%**  **FAT 13.3%**  **CARBS 7.48%**

Properties

Glycemic Index:42.08, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:14.130869735842%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 111.9kcal (5.59%), Fat: 1.6g (2.47%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.48g (0.54%), Sugar: 0.96g (1.07%), Cholesterol: 55.57mg (18.52%), Sodium: 195.38mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.98%), Selenium: 51.83µg (74.04%), Vitamin B3: 7.58mg (37.91%), Vitamin D: 5.33µg (35.53%), Vitamin B6: 0.67mg (33.4%), Phosphorus: 276.2mg (27.62%), Vitamin B12: 1.25µg (20.79%), Vitamin C: 13.64mg (16.54%), Potassium: 569.37mg (16.27%), Vitamin A: 474.96IU (9.5%), Vitamin K: 8.74µg (8.32%), Magnesium: 30.02mg (7.51%), Vitamin E: 0.89mg (5.94%), Folate: 20.08µg (5.02%), Vitamin B1: 0.07mg (4.62%), Vitamin B5: 0.42mg (4.19%), Zinc: 0.48mg (3.21%), Manganese: 0.06mg (3.05%), Vitamin B2: 0.05mg (2.83%), Iron: 0.47mg (2.61%), Copper: 0.05mg (2.49%), Fiber: 0.55g (2.19%), Calcium: 14.28mg (1.43%)