



Grilled Mexican Fish Foil Pack

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

READY IN



30 min.

SERVINGS



6

CALORIES



118 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons capers
- 1 clove garlic finely chopped
- 3 tablespoons spring onion thinly sliced
- 1.5 pounds pacific halibut filets
- 2 tablespoons juice of lemon
- 6 servings lemon wedges
- 0.1 teaspoon pepper
- 0.3 cup pimiento stuffed olives sliced

- 0.3 teaspoon salt
- 0.8 cup tomatoes seeded coarsely chopped

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 74.59%**  **FAT 19.06%**  **CARBS 6.35%**

Properties

Glycemic Index:34.58, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:13.447826048602%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 118.05kcal (5.9%), Fat: 2.44g (3.75%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.25g (0.45%), Sugar: 0.75g (0.83%), Cholesterol: 55.57mg (18.52%), Sodium: 281.79mg (12.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.45g (42.9%), Selenium: 51.87µg (74.1%), Vitamin B3: 7.54mg (37.68%), Vitamin D: 5.33µg (35.53%), Vitamin B6: 0.65mg (32.47%), Phosphorus: 274.88mg (27.49%), Vitamin B12: 1.25µg (20.79%), Potassium: 557.44mg (15.93%), Vitamin K: 8µg (7.62%), Magnesium: 30.15mg (7.54%), Vitamin C: 5.77mg (6.99%), Vitamin E: 1.04mg (6.93%), Vitamin A: 284.85IU (5.7%), Folate: 19.78µg (4.94%), Vitamin B1: 0.07mg (4.61%), Vitamin B5: 0.42mg (4.21%), Zinc: 0.47mg (3.1%), Manganese: 0.05mg (2.69%), Copper: 0.05mg (2.6%), Vitamin B2: 0.04mg (2.52%), Fiber: 0.57g (2.29%), Iron: 0.34mg (1.88%), Calcium: 16.86mg (1.69%)