



Grilled Pesto-Fish Foil Pack



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz canned tomatoes undrained canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2.3 oz olives ripe drained sliced canned
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup basil pesto
- ☐ 0.5 teaspoon salt
- ☐ 2 lb fish fillet lean

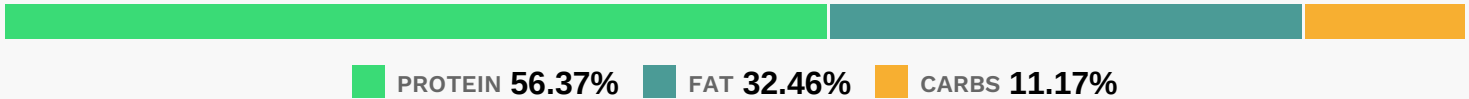
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill. In medium nonmetal bowl, mix tomatoes, olives and pesto.
- ☐ Place fish on 24x12-inch sheet of heavy-duty foil.
- ☐ Sprinkle salt and pepper over fish. Top with tomato mixture. Bring up 2 sides of foil over fish so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space on sides for heat circulation and expansion. Fold other sides to seal.
- ☐ Place on grill over medium heat. Cover grill; cook 20 to 30 minutes or until fish flakes easily with fork. Top with parsley.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.43, Inflammation Score:-6, Nutrition Score:18.375652022984%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 223.17kcal (11.16%), Fat: 8.23g (12.65%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.41g (3.79%), Cholesterol: 76.43mg (25.48%), Sodium: 626.07mg (27.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.14g (64.28%), Selenium: 63.71µg (91.02%), Vitamin B12: 2.39µg (39.82%), Vitamin B3: 6.78mg (33.91%), Vitamin D: 4.69µg (31.25%), Phosphorus: 280.29mg (28.03%), Vitamin K: 27.9µg (26.57%), Potassium: 670.35mg (19.15%), Vitamin B6: 0.35mg (17.62%), Magnesium: 56.51mg (14.13%), Copper: 0.25mg (12.74%), Vitamin E: 1.88mg (12.51%), Folate: 47.55µg (11.89%), Iron: 1.94mg (10.79%), Vitamin A: 510.18IU (10.2%), Vitamin C: 8.08mg (9.79%), Manganese: 0.19mg (9.73%), Vitamin B5: 0.94mg (9.36%), Vitamin B2: 0.13mg (7.83%), Vitamin B1: 0.12mg (7.79%), Fiber: 1.88g (7.53%), Calcium: 62.91mg (6.29%), Zinc: 0.7mg (4.69%)