



## Halibut with Tomatoes, Rosemary, and Zucchini in Foil Packets

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 1 pint cherry tomatoes
- 4 servings couscous hot cooked
- 4 sprigs rosemary leaves fresh
- 2 garlic clove thinly sliced
- 24 ounce pacific halibut filets skinless
- 0.3 cup kalamata olives pitted halved

- 2 tablespoons olive oil
- 0.8 teaspoon salt
- 2 medium zucchini quartered cut into 1-inch pieces

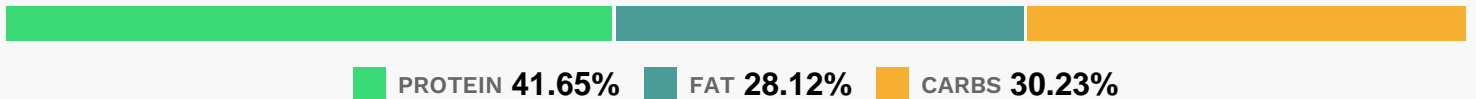
## Equipment

- grill
- aluminum foil

## Directions

- Preheat grill to medium high heat (350 to 400). Arrange 4 (12-inch-long) sheets heavy-duty aluminum foil on work surface. Divide first 3 ingredients evenly among sheets of foil. Top with halibut fillets; sprinkle fillets evenly with salt and pepper. Divide garlic evenly among fillets; top each with a rosemary sprig, and drizzle with oil. Gather sides of foil over fish and vegetables to cover completely; crimp edges to seal packets.
- Place fish packets on grill. Cook, turning once, 10 to 12 minutes or until vegetables are sizzling inside packets and fish is opaque throughout.
- Serve with couscous.

## Nutrition Facts



## Properties

Glycemic Index:48, Glycemic Load:11.6, Inflammation Score:-8, Nutrition Score:28.286086932473%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 357.46kcal (17.87%), Fat: 11.14g (17.14%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 26.94g (8.98%), Net Carbohydrates: 23.68g (8.61%), Sugar: 5.54g (6.15%), Cholesterol: 83.35mg (27.78%), Sodium: 708.54mg (30.81%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.12g (74.24%), Selenium: 100.24µg (143.19%), Vitamin B3: 12.95mg (64.75%), Vitamin B6: 1.25mg (62.36%), Vitamin C: 45mg (54.55%), Vitamin D: 7.99µg (53.3%), Phosphorus: 491.96mg (49.2%), Potassium: 1311.16mg (37.46%), Vitamin B12: 1.87µg (31.18%), Vitamin E: 3.25mg (21.68%), Manganese: 0.43mg (21.27%), Magnesium: 75.31mg (18.83%), Vitamin A: 925.32IU (18.51%), Folate: 71.51µg (17.88%), Vitamin B1: 0.23mg (15.08%), Fiber: 3.26g (13.05%), Vitamin B5: 1.24mg (12.41%), Vitamin K: 12.17µg (11.59%), Copper: 0.23mg (11.44%), Vitamin B2: 0.19mg (11.35%), Iron: 1.87mg (10.37%), Zinc: 1.32mg (8.8%), Calcium: 55.19mg (5.52%)