



Halibut Wrapped in Dill Packages



Gluten Free



Low Fod Map

READY IN



27 min.

SERVINGS



2

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup carrots sliced
- ☐ 2 sprigs optional: dill fresh finely chopped
- ☐ 2 servings salt and ground pepper black to taste
- ☐ 16 ounce pacific halibut filets
- ☐ 1 teaspoon juice of lemon
- ☐ 1 medium zucchini chopped

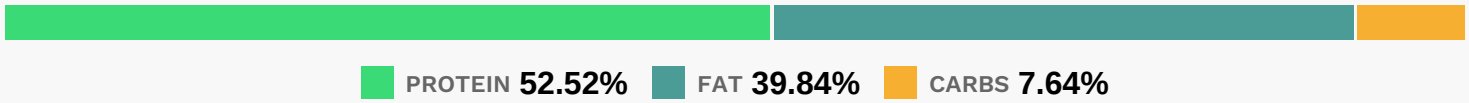
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Combine carrots, half of chopped dill, lemon juice, salt, and ground black pepper in a bowl.
- ☐ Cut 2 pieces of parchment paper or foil into 12x18 inch rectangles.
- ☐ Brush the inside of parchment rectangle lightly with melted butter.
- ☐ Arrange carrot mixture over half of each parchment rectangle.
- ☐ Top carrot mixture with halibut fillets. Season with salt and ground black pepper.
- ☐ Place zucchini slices on top of each halibut fillet.
- ☐ Sprinkle with remaining chopped dill.
- ☐ Fold the parchment paper over fish. Make a 1/2 inch folded edge and crimp to seal.
- ☐ Set packages on baking sheet and bake in preheated oven until fish flakes easily with a fork, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:104.42, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:31.27304305201%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 337.43kcal (16.87%), Fat: 14.77g (22.73%), Saturated Fat: 7.95g (49.71%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 4.46g (1.62%), Sugar: 4.04g (4.49%), Cholesterol: 141.23mg (47.08%), Sodium: 274.33mg (11.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.81g (87.63%), Selenium: 103.79µg (148.28%), Vitamin A: 6059.87IU (121.2%), Vitamin B3: 15.53mg (77.67%), Vitamin B6: 1.45mg (72.45%), Vitamin D: 10.66µg (71.06%), Phosphorus: 587.53mg (58.75%), Vitamin B12: 2.52µg (41.98%), Potassium: 1353.48mg (38.67%), Vitamin C: 20.57mg (24.93%), Magnesium: 74.35mg (18.59%), Folate: 58.05µg (14.51%), Vitamin E: 2.04mg (13.61%), Manganese: 0.26mg (12.99%), Vitamin B1: 0.18mg (12.01%), Vitamin B5: 1.09mg (10.86%), Vitamin B2: 0.18mg (10.86%), Vitamin K: 9.58µg (9.13%), Zinc: 1.22mg (8.16%), Fiber: 1.91g (7.65%), Copper: 0.12mg (6.03%), Iron: 0.85mg (4.72%), Calcium: 46.48mg (4.65%)