



Halibut Wrapped in Grape Leaves



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup coconut milk
- ☐ 1 piece ginger fresh peeled thinly sliced
- ☐ 1 pound grape leaves drained
- ☐ 4 servings green bean and cucumber salad
- ☐ 4 fillet halibut raw cooked (6-ounce fillets,)
- ☐ 2 cups brown rice instant
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 onion thinly sliced

☐ 2 serrano chilies thinly sliced

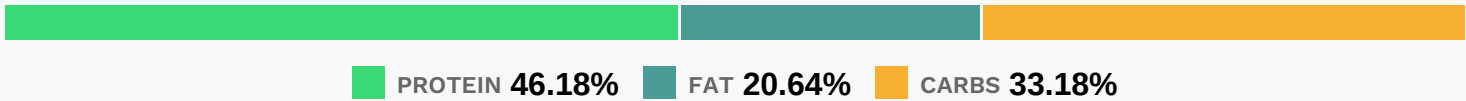
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400 F.
- ☐ Lay out four 12-by-12-inch sheets of aluminum foil.
- ☐ Place 1 large grape leaf in the center of each piece of foil and top each with 1 halibut fillet. Arrange some of the ginger, onion, and chilies on top of each fillet. Season with salt. Spoon 3 tablespoons of coconut milk over each fillet, then wrap with the grape leaf.
- ☐ Place another grape leaf on top, tucking in the sides, to form a packet around the fish. Wrap loosely with the foil and seal.
- ☐ Bake for 15 minutes (If starting with raw fish, bake for 20 to 25 minutes).
- ☐ Meanwhile, cook the rice according to the package directions.
- ☐ Remove the fish packets from the foil and serve with the rice and Green Bean and Cucumber Salad.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:2.84, Inflammation Score:-10, Nutrition Score:63.488695642223%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg

Nutrients (% of daily need)

Calories: 754.03kcal (37.7%), Fat: 17.45g (26.84%), Saturated Fat: 9.7g (60.61%), Carbohydrates: 63.13g (21.04%), Net Carbohydrates: 47.74g (17.36%), Sugar: 10.27g (11.41%), Cholesterol: 199.92mg (66.64%), Sodium: 593.07mg (25.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 87.85g (175.7%), Vitamin A: 31889.81IU (637.8%), Selenium: 203.56µg (290.8%), Manganese: 4.2mg (209.8%), Vitamin B3: 33.02mg (165.08%), Vitamin B6: 2.88mg (144.11%), Vitamin K: 147.31µg (140.29%), Vitamin D: 19.18µg (127.84%), Phosphorus: 1188.16mg (118.82%), Vitamin B12: 4.49µg (74.8%), Folate: 291.52µg (72.88%), Potassium: 2360.75mg (67.45%), Fiber: 15.39g (61.56%), Magnesium: 245mg (61.25%), Calcium: 484.75mg (48.47%), Vitamin B1: 0.72mg (47.78%), Iron: 8.41mg (46.7%), Copper: 0.79mg (39.59%), Vitamin B2: 0.6mg (35.5%), Vitamin E: 5.03mg (33.53%), Vitamin C: 23.19mg (28.11%), Zinc: 3.27mg (21.83%), Vitamin B5: 2.08mg (20.79%)