



Hobo Fish Dinner



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 small baking potatoes thinly sliced
- ☐ 1 cup carrots thinly sliced (2 medium)
- ☐ 0.5 teaspoon dillweed dried
- ☐ 24 ounce pacific halibut filets white or any firm fish)
- ☐ 1 teaspoon lemon-herb seasoning salt-free (such as Mrs. Dash)
- ☐ 3 cups onion thinly sliced (2 medium)
- ☐ 0.5 teaspoon salt

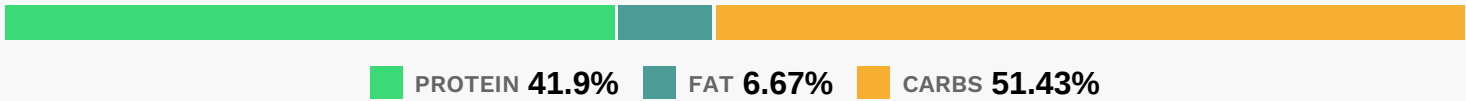
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Coat 1 side of 4 (18-inch) squares of heavy-duty aluminum foil with cooking spray.
- ☐ Combine seasoning, salt, and dillweed.
- ☐ Layer potato, onion, and carrot slices evenly in centers of coated foil squares.
- ☐ Sprinkle evenly with seasoning mixture.
- ☐ Place fish over vegetables. Fold foil over fish and vegetables; crimp edges to seal.
- ☐ Place packets on a baking sheet.
- ☐ Bake at 450 for 30 minutes.
- ☐ Serve immediately.
- ☐ Tip: Toss together a salad while the fish bakes and dinner is ready as soon as the fish comes out of the oven.

Nutrition Facts



Properties

Glycemic Index:60.15, Glycemic Load:27.71, Inflammation Score:-10, Nutrition Score:33.013913216798%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 24.43mg, Quercetin: 24.43mg, Quercetin: 24.43mg, Quercetin: 24.43mg

Nutrients (% of daily need)

Calories: 351.78kcal (17.59%), Fat: 2.62g (4.03%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 45.38g (15.13%), Net Carbohydrates: 40.09g (14.58%), Sugar: 7.66g (8.51%), Cholesterol: 83.35mg (27.78%), Sodium: 442.09mg

(19.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.97g (73.94%), Selenium: 78.9µg (112.72%), Vitamin A: 5474.03IU (109.48%), Vitamin B6: 1.71mg (85.52%), Vitamin B3: 13.3mg (66.48%), Phosphorus: 542.4mg (54.24%), Vitamin D: 7.99µg (53.3%), Potassium: 1737.26mg (49.64%), Vitamin B12: 1.87µg (31.18%), Manganese: 0.56mg (27.78%), Vitamin C: 20.52mg (24.87%), Magnesium: 95.49mg (23.87%), Fiber: 5.29g (21.16%), Vitamin B1: 0.3mg (20.12%), Folate: 73.18µg (18.29%), Copper: 0.28mg (14.15%), Vitamin B5: 1.34mg (13.37%), Iron: 2.19mg (12.19%), Vitamin B2: 0.16mg (9.37%), Zinc: 1.4mg (9.31%), Vitamin E: 1.29mg (8.63%), Vitamin K: 8.58µg (8.17%), Calcium: 76.79mg (7.68%)