



HEALTH SCORE

100%

Italian Fish and Veggie Pockets



Very Healthy

READY IN



38 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 8 slices optional: lemon thin
- ☐ 0.3 cup juice of lemon
- ☐ 1 lemon zest
- ☐ 4 teaspoons olive oil
- ☐ 1 orange bell pepper sliced
- ☐ 1.5 teaspoons salt plus more for seasoning

- ☐ 1.5 pounds sugar snap peas stemmed
- ☐ 16 ounce trout or other fish 1/
- ☐ 0.5 cup white wine
- ☐ 1 bell pepper yellow sliced

Equipment

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

Directions

- ☐ Special equipment: 4 large sheets of aluminum foil or parchment paper
- ☐ Preheat the oven to 350 degrees F. In a small bowl mix together the lemon zest, salt, and pepper. Set aside.
- ☐ Lay out the 4 sheets of aluminum foil.
- ☐ Place 1/4 of the sugar snap peas, 1/4 of the yellow bell peppers, and 1/4 of the orange bell peppers on each sheet of foil. Over each pile of vegetables drizzle 2 tablespoons of white wine, 1 tablespoon of lemon juice, and 1 teaspoon of olive oil.
- ☐ Sprinkle with salt and pepper and gently toss.
- ☐ Top each pile of seasoned vegetables with a piece of fish.
- ☐ Sprinkle the fish with some of the reserved lemon zest mixture. Top each fish with 2 slices of lemon.
- ☐ Fold up the foil into an air-tight packet.
- ☐ Place the foil packets in the oven and bake for 15 to 18 minutes depending on the thickness of the fish.
- ☐ Sprinkle the fish with mint just before serving.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:0.78, Inflammation Score:-10, Nutrition Score:38.46826080654%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 4.6mg, Eriodictyol: 4.6mg, Eriodictyol: 4.6mg, Eriodictyol: 4.6mg Hesperetin: 6.52mg, Hesperetin: 6.52mg, Hesperetin: 6.52mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 330.61kcal (16.53%), Fat: 12.18g (18.75%), Saturated Fat: 2g (12.5%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 14.76g (5.37%), Sugar: 9.22g (10.24%), Cholesterol: 65.77mg (21.92%), Sodium: 71.04mg (3.09%), Alcohol: 3.09g (100%), Alcohol %: 0.95% (100%), Protein: 29.46g (58.91%), Vitamin C: 211.49mg (256.35%), Vitamin B12: 8.83µg (147.23%), Manganese: 1.65mg (82.33%), Vitamin A: 3061.59IU (61.23%), Vitamin K: 58.52µg (55.74%), Vitamin B1: 0.69mg (46.26%), Phosphorus: 397.08mg (39.71%), Vitamin B5: 3.71mg (37.15%), Iron: 6.56mg (36.46%), Vitamin B6: 0.69mg (34.75%), Vitamin B3: 6.88mg (34.41%), Vitamin B2: 0.57mg (33.62%), Folate: 120.32µg (30.08%), Vitamin D: 4.42µg (29.48%), Fiber: 6.99g (27.94%), Potassium: 976.79mg (27.91%), Selenium: 15.81µg (22.58%), Magnesium: 85.84mg (21.46%), Copper: 0.42mg (20.95%), Calcium: 174.02mg (17.4%), Vitamin E: 2.32mg (15.49%), Zinc: 1.47mg (9.82%)