



HEALTH SCORE

51%

## Jerk Seafood Packs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup cilantro leaves coarsely chopped
- ☐ 2 pounds cockles scrubbed
- ☐ 2 teaspoons ginger fresh finely grated
- ☐ 2 large garlic cloves smashed
- ☐ 1 pinch ground allspice
- ☐ 2 pounds mussels scrubbed
- ☐ 1 pinch nutmeg freshly grated
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 scallions cut into 1 1/2-inch lengths
- ☐ 0.3 scotch bonnet chile
- ☐ 1 pound shrimp shelled deveined
- ☐ 1 tablespoon thyme leaves finely chopped
- ☐ 1.5 tablespoons tomato paste
- ☐ 3 tomatoes seeded cut into 1/2-inch pieces
- ☐ 1.5 teaspoons distilled vinegar white

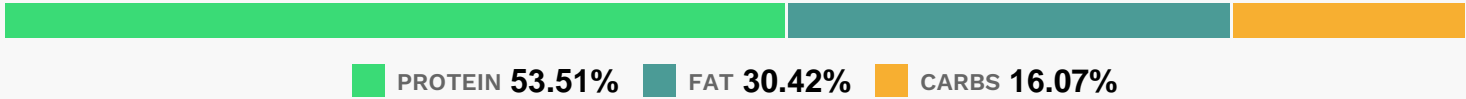
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ oven mitt

## Directions

- ☐ Light a grill. In a food processor, pulse the cilantro with the scallions, garlic, thyme, ginger, chile, allspice and nutmeg until coarsely pureed. Blend in the olive oil, tomato paste and vinegar. Season with salt and pepper.
- ☐ Transfer 6 tablespoons of the puree to a large bowl.
- ☐ Add the mussels, cockles and tomatoes and toss to coat. Tear off four 20-inch-long sheets of extra-heavy-duty foil. Mound half of the seafood in the center of each of 2 foil sheets.
- ☐ Add the shrimp to the bowl and toss with the remaining puree. Arrange the shrimp in a layer on the seafood. Cover with the 2 remaining sheets of foil; fold up the edges all around to seal.
- ☐ Grill the hobo packs over a hot fire for about 6 minutes, or until sizzling and puffed. Using oven mitts, transfer the packs to a large rimmed platter. Open the packs carefully, pour the seafood into shallow bowls and serve.
- ☐ Serve With: Grilled garlic bread.
- ☐ Notes: One serving: 435 calories, 8 gm total fat, 4 gm saturated fat, 18 gm carb.

# Nutrition Facts



## Properties

Glycemic Index:116.75, Glycemic Load:3.98, Inflammation Score:-10, Nutrition Score:31.866522021916%

## Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

## Nutrients (% of daily need)

Calories: 317.05kcal (15.85%), Fat: 10.79g (16.6%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 10.76g (3.91%), Sugar: 3.58g (3.98%), Cholesterol: 214.96mg (71.65%), Sodium: 714.79mg (31.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.7g (85.4%), Vitamin B12: 13.88µg (231.33%), Manganese: 4.19mg (209.28%), Selenium: 52.46µg (74.94%), Iron: 11.69mg (64.94%), Phosphorus: 508mg (50.8%), Vitamin K: 40.36µg (38.43%), Vitamin C: 29.98mg (36.34%), Copper: 0.66mg (33.05%), Potassium: 1011.68mg (28.91%), Vitamin A: 1321.88IU (26.44%), Magnesium: 98.64mg (24.66%), Zinc: 3.68mg (24.52%), Vitamin B2: 0.36mg (21.17%), Vitamin B3: 3.81mg (19.04%), Folate: 72.73µg (18.18%), Vitamin E: 2.5mg (16.66%), Vitamin B1: 0.24mg (15.93%), Calcium: 144.69mg (14.47%), Vitamin B6: 0.18mg (9.17%), Fiber: 2.06g (8.25%), Vitamin B5: 0.7mg (7.03%)