



Lemony Fish in Foil

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup carrots diced
- 0.3 cup celery diced
- 4 large fish fillets
- 0.3 cup green onion chopped
- 2 lemons thinly sliced

Equipment

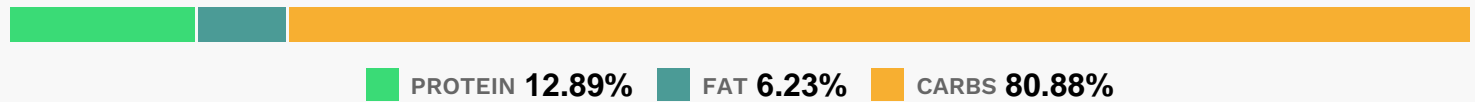
- baking sheet
- oven

aluminum foil

Directions

- Heat the oven to 350 degrees F.
- Cut four 2-foot lengths of foil and fold each in half to make a 1-foot square.
- Place 1 fish fillet slightly below the middle of each square of foil.
- Sprinkle 1/4 of the carrots, celery, green onion, and parsley on each fillet. Top with lemon slices.
- Fold the foil over the fish and crimp the edges together slightly.
- Place the foil-wrapped fillets on a baking sheet and bake for 15 to 20 minutes or until the fish flakes easily.

Nutrition Facts



Properties

Glycemic Index:34.08, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:5.2726086799217%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 22.78kcal (1.14%), Fat: 0.22g (0.34%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 4.45g (1.62%), Sugar: 1.96g (2.18%), Cholesterol: 0.5mg (0.17%), Sodium: 13.17mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.05%), Vitamin C: 30.46mg (36.92%), Vitamin A: 1439.02IU (28.78%), Vitamin K: 15.86µg (15.1%), Fiber: 2g (8%), Potassium: 136.8mg (3.91%), Folate: 13.97µg (3.49%), Vitamin B6: 0.06mg (3.22%), Iron: 0.46mg (2.55%), Calcium: 23.81mg (2.38%), Manganese: 0.04mg (2.23%), Vitamin B1: 0.03mg (2.14%), Magnesium: 7.49mg (1.87%), Phosphorus: 16.97mg (1.7%), Copper: 0.03mg (1.59%), Vitamin B5: 0.15mg (1.5%), Vitamin B2: 0.02mg (1.45%), Vitamin E: 0.19mg (1.26%), Vitamin B3: 0.22mg (1.12%), Selenium: 0.7µg (1.01%)