



Pompano in a Foil Bag

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium carrots cut into thin strips
- ☐ 0.5 cup celery thinly sliced
- ☐ 36 ounce pompano fillets
- ☐ 2.5 teaspoons creole seasoning divided
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 1 cup leeks diced
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter unsalted divided
- ☐ 0.5 cup white wine
- ☐ 0.3 cup onion diced yellow

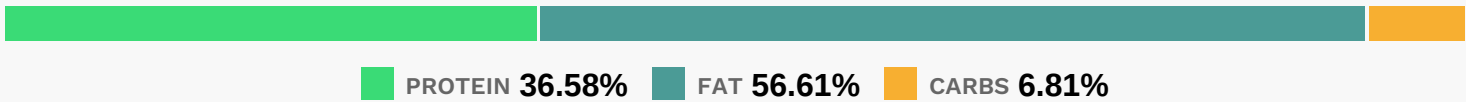
Equipment

- ☐ frying pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Melt 2 tablespoons butter in a medium nonstick skillet over medium-high heat.
- ☐ Add onion and carrot, and saut 3 minutes.
- ☐ Add celery, leeks, garlic, salt, and 1/2 teaspoon Creole seasoning; saut 5 minutes.
- ☐ Add wine, lemon juice, and thyme. Cook 2 minutes or until slightly thickened.
- ☐ Cut 6 (18- x 12-inch) rectangles of foil.
- ☐ Brush center of each sheet with olive oil.
- ☐ Place 1 fillet in center of each sheet, and sprinkle evenly with remaining 2 teaspoons Creole seasoning. Divide onion mixture evenly over fillets. Top each fillet with 1 tablespoon remaining butter. Fold foil in half over each fillet to form a packet; crimp edges to tightly seal.
- ☐ Grill packets on grill rack, covered with grill lid, over medium heat (300 to 350
- ☐ minutes.

Nutrition Facts



Properties

Glycemic Index:43.31, Glycemic Load:1.37, Inflammation Score:-10, Nutrition Score:17.992608692335%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 355.74kcal (17.79%), Fat: 21.41g (32.94%), Saturated Fat: 10.63g (66.45%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 4.64g (1.69%), Sugar: 1.88g (2.09%), Cholesterol: 113.81mg (37.94%), Sodium: 306.33mg (13.32%), Alcohol: 2.06g (100%), Alcohol %: 1% (100%), Protein: 31.14g (62.27%), Selenium: 56.96µg (81.37%), Vitamin A: 2903.22IU (58.06%), Phosphorus: 371.22mg (37.12%), Vitamin B6: 0.53mg (26.38%), Vitamin B12: 1.58µg (26.33%), Potassium: 842.18mg (24.06%), Vitamin B3: 3.83mg (19.14%), Vitamin E: 2.68mg (17.89%), Magnesium: 66.66mg (16.67%), Vitamin K: 15.88µg (15.12%), Vitamin D: 1.81µg (12.1%), Vitamin C: 8.79mg (10.65%), Vitamin B1: 0.16mg (10.53%), Manganese: 0.2mg (9.94%), Vitamin B2: 0.15mg (8.8%), Folate: 30.61µg (7.65%), Iron: 1.31mg (7.26%), Zinc: 0.92mg (6.12%), Calcium: 56.77mg (5.68%), Fiber: 1.16g (4.62%), Copper: 0.09mg (4.51%), Vitamin B5: 0.38mg (3.83%)