



 **65%**  
HEALTH SCORE

## Quick Greek Fish in Foil

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**38 min.**

SERVINGS



**4**

CALORIES



**238 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 24 ounce farm-raised catfish fillets
- 0.3 teaspoon garlic powder
- 1 cup grape tomatoes halved
- 8 kalamata olives pitted coarsely chopped
- 1 inch optional: lemon (1 lemon)
- 4 teaspoons olive oil divided
- 1 small onion separated thinly sliced
- 1 tablespoon oregano fresh chopped

- 0.5 teaspoon greek seasoning
- 2 small zucchini thinly sliced

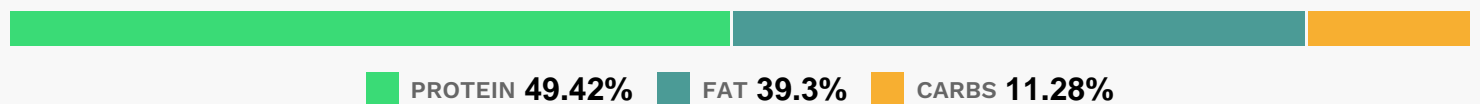
## Equipment

- baking sheet
- oven
- aluminum foil

## Directions

- Preheat oven to 45
- Cut 4 (18 x 12-inch) rectangles of foil.
- Place 1 fillet on each sheet.
- Sprinkle each fillet evenly with Greek seasoning and garlic powder.
- Layer lemon slices and next 5 ingredients evenly over fillets.
- Drizzle each fillet with 1 teaspoon olive oil. Fold foil in half over each fillet to form a packet; crimp edges to tightly seal.
- Place foil packets on a baking sheet.
- Bake at 450 for 18 minutes or until fish flakes easily when tested with a fork.
- Remove fish from foil; transfer to plates.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:30.13, Glycemic Load:0.97, Inflammation Score:-9, Nutrition Score:21.65478262694%

## Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg,

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

## Nutrients (% of daily need)

Calories: 238.04kcal (11.9%), Fat: 10.38g (15.98%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 4.28g (1.56%), Sugar: 3.34g (3.71%), Cholesterol: 98.66mg (32.89%), Sodium: 205.9mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.38g (58.77%), Vitamin D: 21.26µg (141.75%), Vitamin B12: 3.79µg (63.22%), Phosphorus: 395.9mg (39.59%), Selenium: 21.84µg (31.2%), Vitamin B1: 0.41mg (27.44%), Potassium: 906.8mg (25.91%), Vitamin C: 18.53mg (22.46%), Vitamin B3: 3.86mg (19.3%), Vitamin K: 19.67µg (18.74%), Vitamin B6: 0.37mg (18.49%), Magnesium: 61.7mg (15.43%), Manganese: 0.31mg (15.36%), Vitamin B5: 1.5mg (14.98%), Vitamin B2: 0.2mg (11.8%), Vitamin A: 577.01IU (11.54%), Folate: 44.9µg (11.23%), Vitamin E: 1.5mg (9.99%), Fiber: 2.43g (9.71%), Iron: 1.63mg (9.05%), Zinc: 1.21mg (8.06%), Calcium: 75.32mg (7.53%), Copper: 0.14mg (7.03%)