



Seafood Grilled in Foil

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

Ingredients

- 4 servings butter
- 4 servings capers to taste
- 2 fillet flounder
- 2 garlic cloves chopped
- 1 lime sliced
- 4 servings olive oil extra-virgin
- 0.5 cup onions roughly chopped
- 4 servings salt and pepper

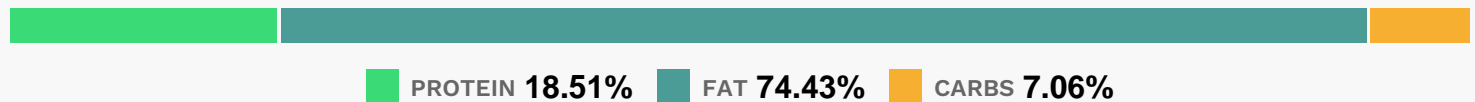
Equipment

- grill
- aluminum foil

Directions

- Place fillets on a piece of tin foil.
- Place the onions, line and garlic on top of the fillets. Season with salt and pepper and sprinkle some capers on top.
- Add a little butter and oil. Close foil, making a tent, then put on the grill. Grill for 10 to 15 minutes, until just opaque and tender.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.97, Inflammation Score:-3, Nutrition Score:7.6052173894385%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg

Nutrients (% of daily need)

Calories: 234.83kcal (11.74%), Fat: 19.77g (30.42%), Saturated Fat: 4.89g (30.59%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.32g (1.21%), Sugar: 1.16g (1.29%), Cholesterol: 49mg (16.33%), Sodium: 351.84mg (15.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.06g (22.12%), Selenium: 23.06µg (32.95%), Phosphorus: 226.71mg (22.67%), Vitamin E: 2.73mg (18.18%), Vitamin B12: 0.97µg (16.15%), Vitamin D: 2.38µg (15.87%), Vitamin K: 9.56µg (9.11%), Vitamin C: 6.91mg (8.37%), Vitamin B6: 0.13mg (6.69%), Potassium: 190.48mg (5.44%), Magnesium: 19.44mg (4.86%), Vitamin B3: 0.97mg (4.83%), Fiber: 0.9g (3.62%), Manganese: 0.07mg (3.31%), Calcium: 32.95mg (3.3%), Vitamin A: 164.67IU (3.29%), Folate: 10.05µg (2.51%), Vitamin B1: 0.04mg (2.44%), Iron: 0.44mg (2.42%), Zinc: 0.35mg (2.35%), Copper: 0.05mg (2.35%), Vitamin B5: 0.23mg (2.33%), Vitamin B2: 0.03mg (1.88%)