



Twisted Fish

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus spears trimmed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 teaspoons butter melted
- ☐ 2 cups cherry tomatoes halved
- ☐ 0.5 cup corn kernels fresh
- ☐ 24 ounce pacific halibut filets
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 optional: lemon cut into 12 thin slices

☐ 0.5 cup zucchini shredded

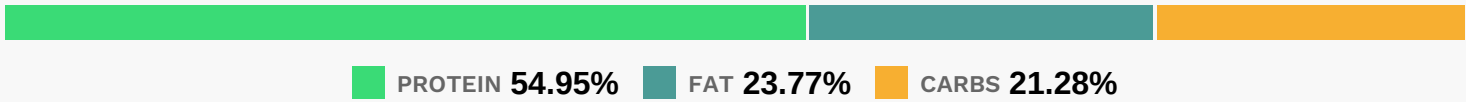
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Cut 4 (18-inch-long) pieces of parchment paper. Spoon corn and zucchini evenly onto center of each piece. Top evenly with asparagus, placing spears lengthwise on paper.
- ☐ Place fillets lengthwise over asparagus; top evenly with lemon slices.
- ☐ Place tomatoes around edges.
- ☐ Drizzle each serving with 1 teaspoon butter; sprinkle evenly with salt and pepper. Bring long sides of paper together; fold down tightly over fish and vegetables. Twist ends to enclose contents.
- ☐ Place packets on a large baking sheet.
- ☐ Bake at 400 for 15 minutes.
- ☐ Place 1 packet on each of 4 plates.
- ☐ Let stand 5 minutes; cut open.

Nutrition Facts



Properties

Glycemic Index:51.13, Glycemic Load:1.18, Inflammation Score:-9, Nutrition Score:31.518260935078%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.59mg, Kaempferol: 1.59mg,

Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg
Quercetin: 16.78mg, Quercetin: 16.78mg, Quercetin: 16.78mg, Quercetin: 16.78mg

Nutrients (% of daily need)

Calories: 253.41kcal (12.67%), Fat: 6.92g (10.64%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 13.94g (4.65%),
Net Carbohydrates: 9.7g (3.53%), Sugar: 6.19g (6.88%), Cholesterol: 94.1mg (31.37%), Sodium: 453.51mg (19.72%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.99g (71.97%), Selenium: 80.86µg (115.51%), Vitamin B3: 13mg
(65.01%), Vitamin B6: 1.16mg (57.94%), Vitamin D: 7.99µg (53.3%), Phosphorus: 509.19mg (50.92%), Vitamin C:
41.65mg (50.49%), Vitamin K: 50.74µg (48.32%), Potassium: 1262.63mg (36.08%), Vitamin B12: 1.88µg (31.33%),
Vitamin A: 1532.71IU (30.65%), Folate: 103.56µg (25.89%), Vitamin B1: 0.32mg (21.36%), Iron: 3.55mg (19.7%),
Vitamin E: 2.93mg (19.51%), Manganese: 0.37mg (18.69%), Magnesium: 73.89mg (18.47%), Copper: 0.34mg
(17.04%), Fiber: 4.24g (16.96%), Vitamin B2: 0.26mg (15.26%), Vitamin B5: 1.21mg (12.12%), Zinc: 1.49mg (9.91%),
Calcium: 59.67mg (5.97%)