



A Nutrition Resource

FOIL COOKED FISH

Yield: 1 Servings | Serving Size: 1 small to medium fish

Cost/serving: Pricing varies on fish selection

Ingredients:

Use this recipe for grill or campfire.

- Fresh whole fish
- 2 teaspoons lemon juice per fish
- Salt and pepper to taste
- Aluminum foil

Directions:

- 1) Clean fish. Remove head and tail.
- 2) Place fish on piece of foil large enough to wrap fish in.
- 3) Sprinkle cavity with lemon juice, salt, and pepper. Wrap foil tightly around fish.
- 4) Place on grill or campfire. Cook 6 to 10 minutes on each side. Fish is done when it flakes with a fork.

Note: This can be done with cuts of fish and cut vegetables. Spray or toss in vegetable oil before wrapping to prevent sticking.



Nutrition Facts

1 servings per container
Serving size 1 small to medium fish (123g)

Amount per serving	
Calories 90	
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 269mg	20%
Iron 5mg	30%
Potassium 11mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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