

food
network



HEALTH SCORE

91%

Baked Bluefish: Bluefish



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 blood orange zest
- ☐ 4 pieces fish fillet blue
- ☐ 0.3 cup mint leaves packed
- ☐ 4 tablespoons olive oil extra-virgin for drizzling
- ☐ 1 cup oregano flowers
- ☐ 2 bunches parsley italian finely chopped
- ☐ 1 medium onion paper thin red sliced
- ☐ 4 servings salt and pepper black freshly ground

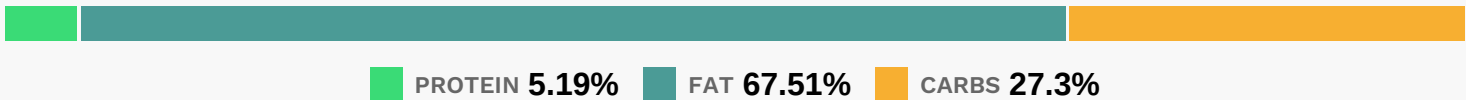
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ grill
- ☐ aluminum foil
- ☐ kitchen scissors

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Cut 4 pieces of parchment paper into 16-inch squares. Grease each piece of parchment with 1 tablespoon olive oil. Season the blue fish with salt and pepper and place just right of the center of each piece of parchment paper. Divide the orange segments, oregano flowers, and red onion on top of the 4 fish fillets and sprinkle each with parsley and mint,
- ☐ Drizzle with olive oil and some juice from the oranges. Fold the left half of the parchment over and crimp the edges between your thumb and forefinger so that each pouch is sealed.
- ☐ Brush each pouch with olive oil.
- ☐ Place each on a cookie sheet and bake 10 minutes.
- ☐ Remove and present still sealed to each diner. Using a sharp knife or a pair of scissors, open the "cartoccio".
- ☐ Drizzle with olive oil, add some raw orange zest, salt, and more orange juice. Eat immediately.
- ☐ Option Two: Make the pouch of double layers of foil and cook on a grill for 8 minutes.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.01, Inflammation Score:-10, Nutrition Score:19.690869512765%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 61.57mg, Apigenin: 61.57mg, Apigenin: 61.57mg, Apigenin: 61.57mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 4.24mg, Myricetin: 4.24mg, Myricetin: 4.24mg, Myricetin: 4.24mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 181.73kcal (9.09%), Fat: 14.84g (22.83%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 13.5g (4.5%), Net Carbohydrates: 6.58g (2.39%), Sugar: 1.9g (2.11%), Cholesterol: 0.59mg (0.2%), Sodium: 21.88mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin K: 550.71µg (524.48%), Vitamin A: 2735.81IU (54.72%), Vitamin C: 43.15mg (52.3%), Manganese: 0.73mg (36.3%), Iron: 6.49mg (36.05%), Vitamin E: 4.43mg (29.54%), Fiber: 6.92g (27.67%), Calcium: 247.2mg (24.72%), Folate: 80.68µg (20.17%), Magnesium: 52.48mg (13.12%), Potassium: 373.61mg (10.67%), Vitamin B6: 0.19mg (9.73%), Copper: 0.14mg (7.08%), Vitamin B2: 0.11mg (6.38%), Vitamin B3: 1.08mg (5.42%), Zinc: 0.72mg (4.79%), Phosphorus: 47.06mg (4.71%), Vitamin B1: 0.06mg (4.21%), Vitamin B5: 0.28mg (2.85%), Selenium: 1.09µg (1.56%)