






 **53%**
HEALTH SCORE

Baked Fish Packets with Chinese Parsley Paste

 **Gluten Free**  **Dairy Free**

READY IN

30 min.

SERVINGS

4

CALORIES

207 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 1 lb snapper red
- 0.5 lb daikon radish peeled thinly sliced
- 1 lb asparagus fresh cut into 1-inch pieces
- 0.3 cup chicken broth dry (from 32-oz carton)
- 0.5 teaspoon salt
- 1 cup cilantro leaves fresh
- 1 cup parsley fresh

- 2 tablespoons juice of lemon
- 1 tablespoon canola oil
- 0.5 teaspoon ginger grated
- 0.3 teaspoon lemon zest grated
- 1 spring onion cut into 1-inch pieces
- 3 cloves garlic cut in half
- 1 Dash salt
- 1 serving pinenuts toasted

Equipment

- baking sheet
- oven
- blender
- aluminum foil

Directions

- Heat oven to 425°F.
- Cut fish into 4 serving pieces.
- Cut 4 (18x12-inch) sheets of heavy-duty foil. Divide radish and asparagus evenly among and on center of each sheet.
- Sprinkle each with 1 tablespoon of the sherry and 1/8 teaspoon of the salt. Top with fish. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Place packets on ungreased cookie sheet.
- Bake about 15 minutes or until fish flakes easily with fork.
- Meanwhile, place all parsley paste ingredients in blender. Cover; blend on medium to high speed, stopping blender frequently to scrape sides, until smooth.
- To serve, cut large X across top of each packet; carefully fold back foil to allow steam to escape. Spoon about 2 tablespoons parsley paste over each serving.
- Garnish with pine nuts.

Nutrition Facts

PROTEIN 51.4% FAT 30.21% CARBS 18.39%

Properties

Glycemic Index:51.25, Glycemic Load:1.52, Inflammation Score:-9, Nutrition Score:31.738695766615%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 18.4mg, Quercetin: 18.4mg, Quercetin: 18.4mg, Quercetin: 18.4mg

Nutrients (% of daily need)

Calories: 207.47kcal (10.37%), Fat: 7.13g (10.97%), Saturated Fat: 0.79g (4.97%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 5.61g (2.04%), Sugar: 4.16g (4.62%), Cholesterol: 42.25mg (14.08%), Sodium: 452.88mg (19.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.29g (54.58%), Vitamin K: 315.95µg (300.9%), Vitamin D: 11.57µg (77.11%), Selenium: 46.8µg (66.86%), Vitamin B12: 3.4µg (56.75%), Vitamin C: 46.03mg (55.79%), Vitamin A: 2542.66IU (50.85%), Phosphorus: 327.37mg (32.74%), Vitamin B6: 0.64mg (31.92%), Potassium: 978.48mg (27.96%), Folate: 110.17µg (27.54%), Manganese: 0.53mg (26.4%), Vitamin E: 3.46mg (23.1%), Iron: 4.1mg (22.78%), Magnesium: 77.94mg (19.49%), Copper: 0.39mg (19.46%), Vitamin B1: 0.26mg (17.43%), Fiber: 4.15g (16.62%), Vitamin B5: 1.36mg (13.58%), Vitamin B2: 0.22mg (12.73%), Calcium: 110.26mg (11.03%), Zinc: 1.5mg (10.01%), Vitamin B3: 1.97mg (9.84%)