

food
network



HEALTH SCORE

99%

Blue Fish with Oranges and Oregano Flowers in Cartoccio



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 pieces fish fillet blue
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 6 orange zest
- ☐ 1 cup oregano flowers
- ☐ 2 bunches parsley italian finely chopped
- ☐ 1 medium onion paper thin red sliced

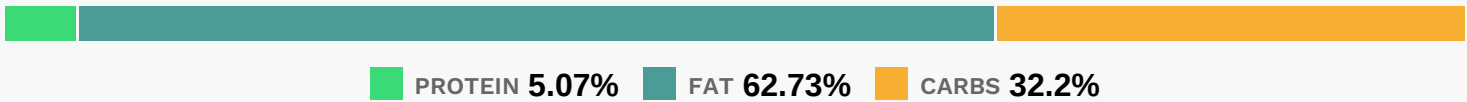
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ kitchen scissors

Directions

- ☐ Preheat oven to 400 degrees.
- ☐ Cut 4 pieces parchment paper into 16-inch square pieces. Grease each piece of parchment with 1 tablespoon olive oil. Season blue fish with salt and pepper and place just right center of each piece of parchment. Divide the orange segments, oregano flowers and red onion on top of the 4 blue fish fillets and sprinkle each with parsley. Fold the left half of the parchment over and crimp the edges so that each is sealed.
- ☐ Place on a cookie sheet and bake for 10 minutes. remove and present still sealed to each guest. Using a pair of scissors or a knife, open cartoccio and eat immediately.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1, Inflammation Score:-10, Nutrition Score:21.2904346974%

Flavonoids

Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg 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: 195.52kcal (9.78%), Fat: 14.84g (22.84%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 8.73g (3.17%), Sugar: 1.9g (2.11%), Cholesterol: 0.59mg (0.2%), Sodium: 21.48mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin K: 550.54µg (524.33%), Vitamin C: 64.7mg (78.42%), Vitamin A: 2685.09IU (53.7%), Iron: 6.47mg (35.93%), Manganese: 0.68mg (34%), Fiber: 8.42g (33.66%), Vitamin E: 4.47mg (29.81%), Calcium: 266.48mg (26.65%), Folate: 82.4µg (20.6%), Magnesium: 53.69mg (13.42%),

Potassium: 391.26mg (11.18%), Vitamin B6: 0.22mg (10.98%), Copper: 0.15mg (7.31%), Vitamin B2: 0.12mg (6.81%),
Vitamin B3: 1.18mg (5.92%), Vitamin B1: 0.08mg (5.37%), Zinc: 0.73mg (4.85%), Phosphorus: 48.31mg (4.83%),
Vitamin B5: 0.35mg (3.55%), Selenium: 1.25µg (1.79%)