

Cod en Papillote

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

READY IN



45 min.

SERVINGS



2

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 8 ounce filets
- 0.8 cup crimini mushrooms sliced
- 2 tablespoons cooking wine dry white
- 2 teaspoons basil fresh chopped
- 2 teaspoons garlic minced
- 0.3 cup green onions chopped
- 2 teaspoons oregano fresh chopped

- 0.3 teaspoon pepper
- 0.5 cup plum tomatoes chopped
- 0.3 teaspoon salt
- 0.3 teaspoon serrano chili pepper chopped

Equipment

- frying pan
- baking sheet
- baking paper
- oven

Directions

- Coat a medium nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add green onions and garlic; saute until tender.
- Remove from heat; stir in wine.
- Cut 2 (12-inch) squares of parchment paper; fold each square in half, and trim each into a heart shape.
- Place parchment hearts on a baking sheet, and open out flat. Coat open side of parchment paper with vegetable cooking spray.
- Place 1 fillet on half of each parchment heart near the crease. Spoon mushrooms evenly over fillets; top evenly with tomato.
- Combine oregano and next 4 ingredients, and sprinkle evenly over fillets; top each fillet with 1 bay leaf. Spoon onion mixture evenly over fillets.
- Fold paper edges over to seal securely. Starting with rounded edges of hearts, pleat and crimp edges of parchment to make an airtight seal.
- Bake at 425 for 15 minutes or until packets are puffed and lightly browned.
- To serve, place packets on serving plates; cut an opening in the top of each packet, and fold paper back.
- Remove and discard bay leaves.

Nutrition Facts

PROTEIN 69.33% FAT 7.41% CARBS 23.26%

Properties

Glycemic Index:111, Glycemic Load:1.19, Inflammation Score:-9, Nutrition Score:16.630869595901%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 136.69kcal (6.83%), Fat: 1.05g (1.61%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 5.18g (1.89%), Sugar: 2.58g (2.86%), Cholesterol: 48.76mg (16.25%), Sodium: 360.36mg (15.67%), Alcohol: 1.54g (100%), Alcohol %: 0.84% (100%), Protein: 22.04g (44.09%), Selenium: 45.18µg (64.54%), Vitamin K: 44.06µg (41.96%), Phosphorus: 292.33mg (29.23%), Potassium: 816.82mg (23.34%), Vitamin B6: 0.43mg (21.6%), Vitamin B3: 3.92mg (19.61%), Vitamin B12: 1.06µg (17.65%), Manganese: 0.35mg (17.64%), Vitamin C: 12.75mg (15.45%), Vitamin B2: 0.24mg (14.38%), Vitamin A: 712.14IU (14.24%), Magnesium: 56.05mg (14.01%), Copper: 0.24mg (11.95%), Vitamin B1: 0.15mg (10.09%), Vitamin E: 1.49mg (9.93%), Iron: 1.79mg (9.92%), Folate: 36.89µg (9.22%), Fiber: 2.21g (8.84%), Calcium: 78.96mg (7.9%), Zinc: 1.07mg (7.15%), Vitamin D: 1.05µg (6.98%), Vitamin B5: 0.69mg (6.88%)