



Fish en Papillote

 Gluten Free

READY IN



47 min.

SERVINGS



4

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pats butter
- 1 large carrots julienned
- 8 sprigs thyme leaves fresh
- 1 clove garlic minced
- 4 servings kosher salt and pepper black freshly ground
- 1 optional: lemon seeds removed thinly sliced
- 1 tablespoon olive oil extra-virgin
- 0.5 onion red julienned

- 16 ounce sole fillets white
- 0.3 cup white wine
- 1 zucchini julienned

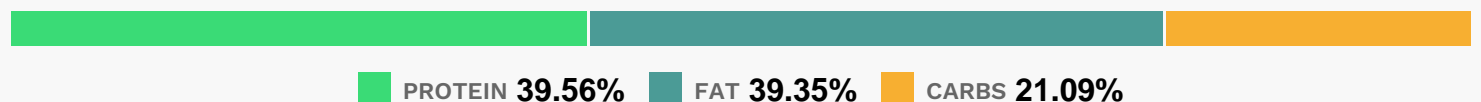
Equipment

- bowl
- baking sheet
- baking paper
- oven
- spatula

Directions

- Watch how to make this recipe.
- Preheat oven to 375 degrees F.
- In a bowl, mix together the onion, zucchini, carrot and garlic.
- Adds the oil, season with salt and pepper, to taste, and toss to combine. Put each fish fillet in a large square of parchment paper and season with salt and pepper, to taste. Arrange the vegetables on top, dividing evenly. Top the vegetables with 2 lemon slices, 2 sprigs thyme, a pat of butter and 1 tablespoon white wine, layering in order. Fold the parchment paper around the edges tightly in 1/4-inch folds to create a half moon shape. Make sure you press as you crimp and fold to seal the packets well, otherwise the steam will escape. Arrange the packets on a baking sheet.
- Bake until the fish is cooked through, about 12 minutes, depending on the thickness of the fish. To serve, cut open the packets and serve directly in the parchment on a plate or remove the fish to the plate using a spatula, being sure you don't leave the juices behind.

Nutrition Facts



Properties

Glycemic Index:71.58, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:14.980434728705%

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 Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 162.22kcal (8.11%), Fat: 6.83g (10.52%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 5.94g (2.16%), Sugar: 3.49g (3.88%), Cholesterol: 53.18mg (17.73%), Sodium: 116.86mg (5.08%), Alcohol: 1.54g (100%), Alcohol %: 0.8% (100%), Protein: 15.46g (30.92%), Vitamin A: 3269.34IU (65.39%), Selenium: 30.59µg (43.7%), Vitamin C: 28.6mg (34.66%), Phosphorus: 325.36mg (32.54%), Vitamin B12: 1.28µg (21.38%), Vitamin D: 3.18µg (21.17%), Vitamin B6: 0.28mg (13.9%), Potassium: 451.7mg (12.91%), Manganese: 0.23mg (11.57%), Magnesium: 40.01mg (10%), Vitamin E: 1.46mg (9.76%), Fiber: 2.3g (9.22%), Vitamin B3: 1.68mg (8.4%), Folate: 27.55µg (6.89%), Vitamin K: 7.06µg (6.73%), Vitamin B2: 0.1mg (5.96%), Calcium: 59.3mg (5.93%), Iron: 1.06mg (5.9%), Vitamin B1: 0.08mg (5.29%), Vitamin B5: 0.45mg (4.49%), Zinc: 0.67mg (4.45%), Copper: 0.09mg (4.31%)