



Fish Fillets in Parchment with Asparagus and Orange

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus trimmed cut into 1 1/2-inch pieces
- ☐ 2 tablespoons butter cut into 4 pieces
- ☐ 20 ounce fish fillet (such as halibut or cod; each)
- ☐ 12 tarragon fresh
- ☐ 4 tablespoons orange juice

Equipment

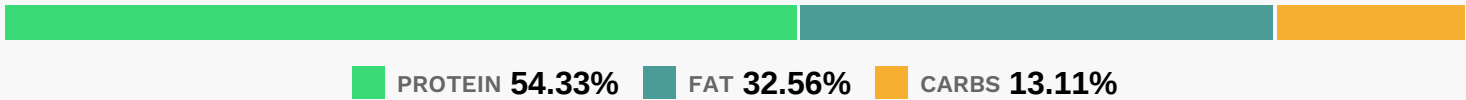
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place parchmentsquares on work surface. Generously butter half of each parchment square; top buttered half of each with 1 fish fillet.
- ☐ Sprinkle fish with salt and pepper; top each fillet with 3 tarragon leaves, then 1 piece of butter. Arrange asparagus around each fish fillet; pour 1 tablespoon orange juice over each. Fold parchment over fish and asparagus, folding and crimping edges tightly to seal and enclose filling completely.
- ☐ Place on 2 rimmed baking sheets, spacing apart. do ahead Can be made 4 hours ahead. Chill.
- ☐ Bake fish packets 17 minutes. Slide packets onto plates and serve.
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:2.45, Inflammation Score:-8, Nutrition Score:23.810434590215%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg

Nutrients (% of daily need)

Calories: 225.45kcal (11.27%), Fat: 8.47g (13.04%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 5.04g (1.83%), Sugar: 3.56g (3.96%), Cholesterol: 85.92mg (28.64%), Sodium: 123.02mg (5.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.82g (63.64%), Selenium: 62.08µg (88.68%), Vitamin K: 49.67µg (47.3%), Vitamin B12: 2.25µg (37.53%), Vitamin B3: 6.98mg (34.9%), Phosphorus: 313.9mg (31.39%), Vitamin D: 4.39µg (29.29%), Folate: 106.52µg (26.63%), Vitamin A: 1192.22IU (23.84%), Manganese: 0.47mg (23.65%), Iron: 4.22mg (23.47%), Potassium: 783.42mg (22.38%), Vitamin B6: 0.41mg (20.61%), Vitamin C: 16.35mg

(19.82%), Vitamin B2: 0.3mg (17.46%), Copper: 0.35mg (17.42%), Magnesium: 66.57mg (16.64%), Vitamin B1: 0.24mg (16.23%), Vitamin E: 2.02mg (13.45%), Fiber: 2.64g (10.55%), Vitamin B5: 1.04mg (10.41%), Zinc: 1.21mg (8.08%), Calcium: 79.11mg (7.91%)