



WHATSheATE



HEALTH SCORE

85%

## Fish in Paper Parcels with Leeks, Fennel, Chives, and Vanilla



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



0.3 teaspoon pepper black freshly ground



2.5 cups julienne-cut carrot (2-inch)



0.5 cup less-sodium chicken broth fat-free



2.5 cups fennel bulb thinly sliced ( 2 small bulbs)



0.3 cup chives fresh divided chopped



2.5 cups leek thinly sliced ( 3 large)



2 tablespoons juice of lemon fresh divided

- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 36 ounce snapper red firm
- ☐ 0.8 teaspoon salt
- ☐ 18 inch vanilla beans split halved

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

## Directions

- ☐ Preheat oven to 40
- ☐ Sprinkle fish with salt and pepper.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add leek, fennel, and carrot; saut 4 minutes or until carrot is crisp-tender.
- ☐ Add broth and soy sauce; cook 3 minutes or until liquid evaporates. Stir in 3 tablespoons chives and 1 tablespoon lemon juice.
- ☐ Cut 6 (14-inch) squares of parchment paper. Fold each square in half; open each.
- ☐ Place 1 cup vegetable mixture near fold of each paper.
- ☐ Place 1 fish fillet on top of vegetable mixture; top with 1/2 teaspoon chives, 1/2 teaspoon lemon juice, and 2 pieces vanilla bean. Fold paper; seal edges with narrow folds.
- ☐ Place packets on each of 2 baking sheets.
- ☐ Bake at 400 for 18 minutes or until puffy and lightly browned, rotating baking sheets after 9 minutes.
- ☐ Place on plates, and cut open.
- ☐ Serve immediately.

## Nutrition Facts



Properties

Glycemic Index:33.47, Glycemic Load:3.87, Inflammation Score:-10, Nutrition Score:27.210434602654%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 241.01kcal (12.05%), Fat: 4.41g (6.79%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 15.57g (5.19%), Net Carbohydrates: 12.19g (4.43%), Sugar: 5.6g (6.22%), Cholesterol: 85.05mg (28.35%), Sodium: 615.69mg (26.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.08g (72.16%), Vitamin A: 9649.93IU (193%), Selenium: 72.23µg (103.19%), Vitamin K: 53.3µg (50.76%), Vitamin B12: 2.73µg (45.42%), Vitamin B3: 7.7mg (38.48%), Vitamin D: 5.27µg (35.15%), Phosphorus: 346.94mg (34.69%), Potassium: 927.5mg (26.5%), Vitamin B6: 0.46mg (23.22%), Folate: 88.6µg (22.15%), Manganese: 0.42mg (20.92%), Magnesium: 72.05mg (18.01%), Vitamin C: 14.85mg (18%), Fiber: 3.38g (13.52%), Iron: 2.26mg (12.55%), Vitamin B5: 1.15mg (11.54%), Copper: 0.23mg (11.48%), Vitamin E: 1.61mg (10.71%), Vitamin B2: 0.17mg (10.24%), Vitamin B1: 0.14mg (9.05%), Calcium: 78.19mg (7.82%), Zinc: 0.84mg (5.63%)