



 **90%**  
HEALTH SCORE

## Flounder and Vegetable Parcels

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**30 min.**

SERVINGS



**6**

CALORIES



**372 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 cups brown rice dry cooked (1 cup rice)
- 2 small carrots sliced into thin rounds
- 0.8 cup cooking wine dry white
- 30 ounce sushi-grade yellowtail flounder white frozen (or other fish fillets)
- 3 tablespoons chives fresh chopped
- 0.3 cup parsley leaves fresh finely chopped
- 1 optional: lemon thinly sliced

- 3 tablespoons olive oil
- 1 cup bell pepper diced red seeded
- 0.8 teaspoon salt
- 0.5 cup shallots thinly sliced
- 1 medium zucchini sliced into thin rounds)

## Equipment

- baking sheet
- oven
- aluminum foil

## Directions

- Watch how to make this recipe.
- Preheat the oven to 425 degrees F.
- Season the fish fillets with the salt and pepper.
- Place 1 fish fillet at the center of each piece of foil. Evenly distribute the zucchini, carrot, bell pepper, and shallots among the 4 packets.
- Sprinkle each fillet with 2 tablespoons of the wine and 1/2 tablespoons of the oil. Top each fillet with 3 lemon slices. Seal the packets securely, leaving a little room to allow the fish to steam.
- Transfer the packets to a baking sheet and bake for 15 minutes.
- Stir the parsley into the cooked rice. Divide the rice evenly onto 4 serving plates.
- Remove the fish packets from the oven and carefully open them.
- Remove the lemon slices.
- Serve the fish topped with the vegetables and juices over the rice and garnish with fresh chives.
- Excellent Source of: Niacin, Vitamin D, Phosphorus, Selenium, Vitamin A, Vitamin B6, Vitamin B12, Vitamin C, Protein, Potassium, Vitamin K, Magnesium, Manganese
- Good Source of: Fiber, Thiamin, Riboflavin, Folate, Pantothenic Acid, Iron, Zinc

## Nutrition Facts

PROTEIN 36.27% FAT 26.58% CARBS 37.15%

## Properties

Glycemic Index:54.26, Glycemic Load:13.28, Inflammation Score:-10, Nutrition Score:31.240000061367%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.14mg, Hesperetin: 5.14mg, Hesperetin: 5.14mg, Hesperetin: 5.14mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

## Nutrients (% of daily need)

Calories: 372.08kcal (18.6%), Fat: 10.55g (16.24%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 28.79g (10.47%), Sugar: 5g (5.55%), Cholesterol: 70.87mg (23.62%), Sodium: 386.79mg (16.82%), Alcohol: 3.09g (100%), Alcohol %: 0.99% (100%), Protein: 32.4g (64.8%), Selenium: 59.72µg (85.32%), Vitamin A: 3978.95IU (79.58%), Manganese: 1.36mg (68.12%), Vitamin C: 55.04mg (66.71%), Vitamin K: 69.43µg (66.13%), Vitamin B3: 7.53mg (37.64%), Vitamin B12: 2.24µg (37.33%), Phosphorus: 363.93mg (36.39%), Vitamin B6: 0.63mg (31.32%), Vitamin D: 4.39µg (29.29%), Magnesium: 103.2mg (25.8%), Potassium: 833.34mg (23.81%), Folate: 76µg (19%), Fiber: 4.39g (17.58%), Vitamin B1: 0.22mg (14.76%), Vitamin E: 2.18mg (14.54%), Vitamin B5: 1.39mg (13.89%), Iron: 2.3mg (12.79%), Copper: 0.25mg (12.46%), Vitamin B2: 0.18mg (10.58%), Zinc: 1.45mg (9.68%), Calcium: 58.03mg (5.8%)