



Ginger-Garlic Fish in Parchment



Gluten Free



Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large cloves garlic peeled thinly sliced
- ☐ 3 inch ginger peeled thinly sliced
- ☐ 3 tablespoons honey
- ☐ 2 tablespoons rice wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 bunch scallions cut into 3-inch pieces on an angle
- ☐ 24 ounce sea bass
- ☐ 0.5 pound mushroom caps stemmed sliced

☐ 3 tablespoons tamari sauce

Equipment

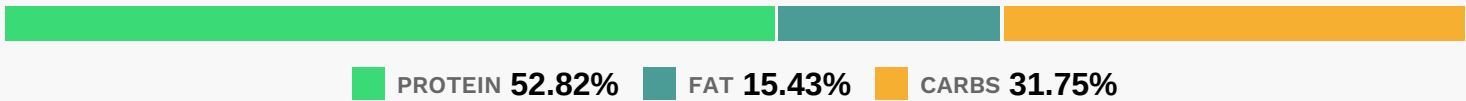
☐ baking sheet

☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 375 degrees F.
- ☐ Rip off 4 pieces of parchment to form packets each about 12-inches long. Season fish with salt and pepper.
- ☐ Place a piece of parchment in a shallow dish then in the center of the paper stack 1/4 of the scallions and shiitakes, layer with slices of ginger and garlic and top with fish.
- ☐ Combine the honey, vinegar and tamari and pour 1/4 of the sauce over fish. Fold over the top of the parchment then roll the sides in to form a sealed pouch. Repeat with remaining parchment and ingredients. Arrange the pouches on a baking sheet and roast in hot oven 12 to 14 minutes.

Nutrition Facts



Properties

Glycemic Index:64.57, Glycemic Load:8.15, Inflammation Score:-5, Nutrition Score:21.085217262092%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 252.53kcal (12.63%), Fat: 4.32g (6.65%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 18.11g (6.58%), Sugar: 14.77g (16.41%), Cholesterol: 136.08mg (45.36%), Sodium: 879.54mg (38.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.3g (66.6%), Vitamin B12: 6.5µg (108.3%), Selenium: 66.1µg (94.42%), Phosphorus: 427.55mg (42.75%), Vitamin B6: 0.76mg (37.84%), Vitamin B3: 6.42mg (32.08%),

Magnesium: 89.55mg (22.39%), Vitamin B5: 2.22mg (22.22%), Potassium: 696.49mg (19.9%), Manganese: 0.32mg (16.24%), Vitamin B1: 0.2mg (13.15%), Iron: 2.23mg (12.4%), Vitamin B2: 0.21mg (12.39%), Vitamin K: 12.64µg (12.04%), Zinc: 1.44mg (9.57%), Copper: 0.18mg (9.24%), Fiber: 1.91g (7.63%), Folate: 29.95µg (7.49%), Vitamin A: 213.72IU (4.27%), Calcium: 41.81mg (4.18%), Vitamin C: 2.41mg (2.92%), Vitamin D: 0.23µg (1.51%)