



Gulf Fish en Papillote

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup matchstick-cut carrots
- ☐ 0.5 cup bell pepper strips red
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 2 teaspoons butter divided
- ☐ 0.8 cup julienne-cut celery (2-inch)
- ☐ 1 teaspoon chervil fresh chopped
- ☐ 0.3 cup cooking wine dry white divided
- ☐ 1 teaspoon tarragon fresh chopped

- ☐ 1 cup onion red vertically sliced
- ☐ 0.3 teaspoon salt divided
- ☐ 12 ounce sea bass fillets white

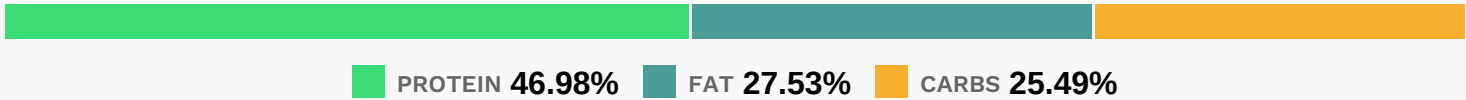
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 6 ingredients, 1/8 teaspoon salt, and 1/8 teaspoon pepper in a medium bowl.
- ☐ Sprinkle fish evenly with remaining 1/8 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Cut 2 (15-inch) squares of parchment paper. Fold each square in half, and open each.
- ☐ Place half of vegetable mixture near each fold. Top each serving with 1 fillet, 1 teaspoon butter, and 2 tablespoons wine. Fold paper; seal the edges with narrow folds.
- ☐ Place packets on a jelly-roll pan.
- ☐ Bake at 350 for 18 minutes or until parchment is puffy.
- ☐ Place on plates, and cut open.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:129, Glycemic Load:2.73, Inflammation Score:-10, Nutrition Score:30.112174075583%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.49mg, Quercetin: 16.49mg, Quercetin: 16.49mg, Quercetin: 16.49mg

Nutrients (% of daily need)

Calories: 298.53kcal (14.93%), Fat: 8.44g (12.98%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 17.59g (5.86%), Net Carbohydrates: 12.84g (4.67%), Sugar: 8.8g (9.78%), Cholesterol: 146.83mg (48.94%), Sodium: 527.32mg (22.93%), Alcohol: 3.09g (100%), Alcohol %: 0.92% (100%), Protein: 32.41g (64.81%), Vitamin A: 10487.89IU (209.76%), Vitamin B12: 6.51µg (108.44%), Selenium: 63.4µg (90.57%), Vitamin C: 56.96mg (69.05%), Vitamin B6: 0.85mg (42.52%), Phosphorus: 407.04mg (40.7%), Potassium: 939.45mg (26.84%), Magnesium: 98.15mg (24.54%), Vitamin B3: 4.64mg (23.18%), Manganese: 0.45mg (22.73%), Folate: 81.93µg (20.48%), Vitamin K: 20.14µg (19.18%), Fiber: 4.75g (18.99%), Vitamin B5: 1.86mg (18.65%), Vitamin B1: 0.26mg (17.26%), Iron: 2.85mg (15.83%), Vitamin B2: 0.17mg (9.96%), Calcium: 99.4mg (9.94%), Copper: 0.18mg (8.96%), Zinc: 1.16mg (7.7%), Vitamin E: 0.83mg (5.5%)