



Orata al Cartoccio: Bream in a Package



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 1 egg white beaten
- ☐ 0.3 cup olive oil extra virgin
- ☐ 4 cloves garlic thinly sliced
- ☐ 2 tablespoons juice of lemon freshly-squeezed
- ☐ 4 servings lemon wedges for garnish
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 4 pound porgy whole cleaned

- ☐ 1 teaspoon chile flakes red
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 bunch thyme leaves
- ☐ 2 sheets parchment
- ☐ 2 sheets parchment

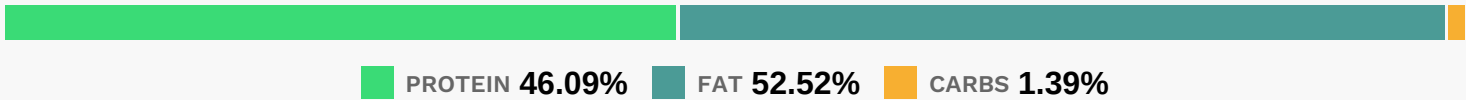
Equipment

- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Fold both sheets of parchment paper in half, making them large enough to hold the fish with a few inches of margin, when folded in half like a book. Aggressively season the fish inside and out with salt and pepper.
- ☐ Place 1 fish inside of each "book".
- ☐ Sprinkle each fish with the garlic slices, chile flakes, thyme leaves, olive oil, lemon juice, and wine. Seal the edges of the parchment together with the egg white and fold to form a closed compartment.
- ☐ Place the packages on a sheet tray and bake in the oven 20 minutes.
- ☐ Remove, slash the package to release steam and serve immediately, 1 fish for 2 servings.
- ☐ Drizzle with good oil and serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:3.4965217184761%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 721.22kcal (36.06%), Fat: 40.78g (62.74%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.48g (0.53%), Cholesterol: 0mg (0%), Sodium: 669.98mg (29.13%), Alcohol: 1.54g (100%), Alcohol %: 0.38% (100%), Protein: 80.53g (161.06%), Vitamin E: 4.17mg (27.77%), Vitamin K: 17.19µg (16.38%), Vitamin C: 5.17mg (6.27%), Manganese: 0.09mg (4.37%), Vitamin A: 172.95IU (3.46%), Vitamin B6: 0.06mg (3.08%), Selenium: 2.06µg (2.94%), Vitamin B2: 0.05mg (2.76%), Iron: 0.44mg (2.44%), Potassium: 57.12mg (1.63%), Fiber: 0.36g (1.43%), Magnesium: 5.16mg (1.29%), Calcium: 12.09mg (1.21%), Phosphorus: 11.2mg (1.12%), Copper: 0.02mg (1.04%)