



Pesce al Cartoccio (Fish in Parchment Paper)



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup fennel fronds fresh chopped
- ☐ 2 fennel bulbs cored cut into thin strips
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 2 lemons sliced
- ☐ 0.5 cup olive oil extra-virgin

- ☐ 1 teaspoon sea salt
- ☐ 1 large onion white cut into thin strips
- ☐ 4 pound fish fillet whole cleaned

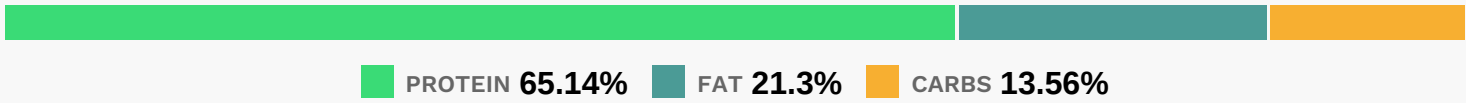
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Combine onion and next 6 ingredients in a large bowl.
- ☐ Cut four large pieces of parchment paper long enough to cover length of fish, and fold each in half lengthwise. Spoon onion mixture on bottom halves of parchment.
- ☐ Place one fish against the crease of each parchment piece, drizzle with white wine, and sprinkle with salt and pepper.
- ☐ Fold the parchment at the bottom corner over itself. Continue folding over the previous fold to create a pleat and allow for the paper to be sealed tight. When you have formed a half circle and reached the opposite end of the crease, tuck the paper under the last fold.
- ☐ Place on a large baking sheet.
- ☐ Bake at 350 for 20 to 25 minutes or until the fish is cooked through. Carefully tear paper open, allowing steam to escape.
- ☐ Tip: If fish is too large to allow parchment paper to seal tight, place on aluminum foil and wrap foil up and around parchment edge, pinching to seal.

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:4.37, Inflammation Score:-9, Nutrition Score:44.208260473998%

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: 12.86mg, Eriodictyol: 12.86mg, Eriodictyol: 12.86mg, Eriodictyol: 12.86mg Hesperetin: 15.19mg, Hesperetin: 15.19mg, Hesperetin: 15.19mg, Hesperetin: 15.19mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 582.32kcal (29.12%), Fat: 13.64g (20.99%), Saturated Fat: 3.58g (22.39%), Carbohydrates: 19.52g (6.51%), Net Carbohydrates: 13.26g (4.82%), Sugar: 8.07g (8.96%), Cholesterol: 226.8mg (75.6%), Sodium: 885.84mg (38.51%), Alcohol: 3.09g (100%), Alcohol %: 0.54% (100%), Protein: 93.86g (187.71%), Selenium: 191.24µg (273.2%), Vitamin B12: 7.17µg (119.45%), Vitamin D: 14.06µg (93.74%), Vitamin B3: 18.65mg (93.24%), Phosphorus: 862.13mg (86.21%), Vitamin K: 87.62µg (83.45%), Potassium: 2049.83mg (58.57%), Vitamin C: 47.01mg (56.98%), Vitamin B6: 0.93mg (46.41%), Magnesium: 156.7mg (39.17%), Folate: 156.53µg (39.13%), Manganese: 0.61mg (30.69%), Vitamin B5: 2.68mg (26.84%), Fiber: 6.26g (25.04%), Copper: 0.47mg (23.68%), Iron: 4.11mg (22.81%), Vitamin E: 3.4mg (22.65%), Vitamin B2: 0.36mg (20.9%), Vitamin B1: 0.24mg (16.26%), Calcium: 140.59mg (14.06%), Zinc: 1.92mg (12.78%), Vitamin A: 208.87IU (4.18%)