



Red Mullet Baked in Grape (Vine) Leaves



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup parsley fresh finely chopped (25 g / 1 oz)
- ☐ 5 garlic clove finely chopped
- ☐ 150 g grape leaves (vine)
- ☐ 1 optional: lemon thinly sliced
- ☐ 4 tablespoons juice of lemon freshly squeezed
- ☐ 0.5 cup olive oil for brushing (120 ml / 4 fl oz)
- ☐ 1 kg mullet red cleaned
- ☐ 4 servings salt and pepper

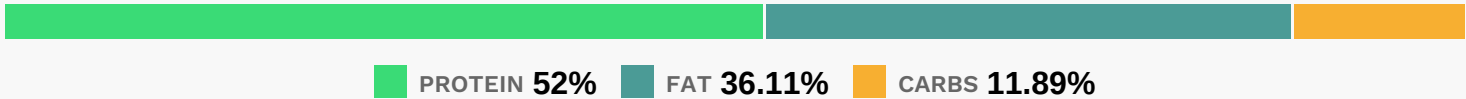
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven

Directions

- ☐ Rinse the fish under cold running water and pat dry with paper towels. Season with salt and pepper, brush with a little oil, and chill in the refrigerator for 30 minutes. Preheat the oven to 350°F (180°C/Gas Mark
- ☐ and brush an ovenproof dish with oil.
- ☐ Combine the garlic and parsley in a bowl, season with salt and pepper, and divide the mixture among the cavities of the fish. Wrap each fish in 1 or 2 grape leaves, depending on its size, leaving the heads and tails uncovered.
- ☐ Put the fish into the prepared dish, pour the oil and lemon juice over them, and place a slice of lemon on each.
- ☐ Bake for about 20 minutes, or until the fish flakes easily, and serve immediately.
- ☐ Vefa's Kitchen by Vefa Alexiadou, published by Phaidon Press, \$45.00, www.phaidon.com

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:0.87, Inflammation Score:-10, Nutrition Score:39.118260922639%

Flavonoids

Eriodictyol: 6.5mg, Eriodictyol: 6.5mg, Eriodictyol: 6.5mg, Eriodictyol: 6.5mg Hesperetin: 9.7mg, Hesperetin: 9.7mg, Hesperetin: 9.7mg, Hesperetin: 9.7mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 394.53kcal (19.73%), Fat: 15.86g (24.41%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 6.51g (2.37%), Sugar: 3.52g (3.91%), Cholesterol: 122.5mg (40.83%), Sodium: 365.3mg (15.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.41g (102.82%), Vitamin A: 11266.85IU (225.34%), Vitamin K: 167.29µg (159.32%), Selenium: 92.25µg (131.79%), Vitamin B3: 14.05mg (70.25%), Vitamin B6: 1.29mg (64.71%), Phosphorus: 602.23mg (60.22%), Manganese: 1.2mg (59.79%), Vitamin C: 38.42mg (46.57%), Potassium: 1103.89mg (31.54%), Magnesium: 115.88mg (28.97%), Vitamin E: 4.15mg (27.67%), Calcium: 263.86mg (26.39%), Vitamin D: 3.75µg (25%), Iron: 4.27mg (23.73%), Vitamin B5: 2.11mg (21.1%), Fiber: 5.25g (21.01%), Vitamin B2: 0.35mg (20.7%), Vitamin B1: 0.27mg (17.89%), Folate: 71.11µg (17.78%), Copper: 0.32mg (15.9%), Zinc: 1.7mg (11.33%), Vitamin B12: 0.55µg (9.17%)