



Red Mullet Wrapped in Paper

 Gluten Free  Dairy Free

READY IN



160 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves crushed
- 0.5 cup olives black pitted finely chopped
- 1 teaspoon pepper black freshly ground
- 2 cloves garlic crushed
- 1 juice of lemon juiced
- 4 servings lemon wedges
- 0.5 cup olive oil extra-virgin
- 32 ounce mullets red cleaned

- 4 servings salt

Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- baking pan

Directions

- Special equipment: parchment paper
- Place the fish in a single layer in the baking dish or a non-reactive casserole. In a small bowl, combine the lemon juice, garlic, 1/4 cup of the olive oil, the bay leaves and pepper and whisk to emulsify.
- Pour the marinade over the fish. Cover and refrigerate for 2 hours, turning the fish once.
- Preheat the oven to 400 degrees F.
- Cut 4 sheets of parchment paper that are large enough to hold a single fish with a few inches margin when folded in half. Fold each one crosswise in half to mark the center, and then unfold.
- Brush each sheet with 1 tablespoon of the remaining olive oil.
- Remove the fish from the marinade and place 1 on 1 side of each piece of paper. Season with salt and pepper and sprinkle with olives. Fold the paper over to enclose the fish and then fold the edges over all around, making a couple or triple fold to seal.
- Place the packages on 1 or 2 baking sheets and bake for 10 minutes, or until puffed.
- Transfer to serving plates. Slash the top of each package open with a sharp knife and serve immediately, with the lemon wedges.

Nutrition Facts



■ PROTEIN **52.87%** ■ FAT **44.59%** ■ CARBS **2.54%**

Properties

Glycemic Index:21.88, Glycemic Load:0.22, Inflammation Score:-6, Nutrition Score:20.649565271709%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 343.22kcal (17.16%), Fat: 16.63g (25.58%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.32g (0.36%), Cholesterol: 111.13mg (37.04%), Sodium: 605.03mg (26.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.36g (88.73%), Selenium: 83.18µg (118.83%), Vitamin B3: 11.86mg (59.29%), Phosphorus: 505.82mg (50.58%), Vitamin B6: 0.99mg (49.74%), Vitamin E: 3.71mg (24.72%), Potassium: 839.01mg (23.97%), Vitamin D: 3.4µg (22.68%), Vitamin B5: 1.76mg (17.55%), Magnesium: 69.48mg (17.37%), Vitamin B1: 0.21mg (14.23%), Iron: 2.55mg (14.15%), Vitamin B2: 0.19mg (10.99%), Calcium: 108.2mg (10.82%), Vitamin B12: 0.5µg (8.32%), Zinc: 1.22mg (8.11%), Vitamin C: 6.66mg (8.07%), Copper: 0.15mg (7.45%), Vitamin A: 353.46IU (7.07%), Manganese: 0.13mg (6.65%), Folate: 22.79µg (5.7%), Vitamin K: 4.56µg (4.34%), Fiber: 0.79g (3.14%)