



## Red Snapper en Papillote

READY IN



**55 min.**

SERVINGS



**4**

CALORIES



**518 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup artichoke hearts drained quartered
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 1 cup couscous
- 1 small bunch parsley fresh
- 2 teaspoons garlic minced
- 1 cup grape tomatoes halved
- 1 optional: lemon whole thinly sliced
- 1 small bunch oregano fresh

- 1 cup onion red thinly sliced
- 2 pound snapper whole red cleaned
- 2 teaspoons salt for couscous
- 0.5 cup white wine

## Equipment

- frying pan
- baking sheet
- baking paper
- oven
- sieve

## Directions

- Watch how to make this recipe.
- Preheat oven to 425 degrees F.
- Rinse couscous in fine mesh strainer, under cold water, lay out on parchment lined baking sheet and sprinkle with pinch of salt. Set aside.
- Cut parchment paper into 15 by 48-inch sheet. Fold in 1/2 and lay on baking/cookie sheet. Unfold and lay snapper diagonally on sheet pan on top of 1 layer of parchment. Salt and pepper fish, inside and out.
- Place herbs inside cavity of fish along with 1/2 of lemon, and 1/2 of red onion. Arrange couscous next to fish on all sides. Put garlic, and remaining lemon and red onion on fish and lay tomatoes and artichoke hearts around outside of couscous, creating somewhat of a wall.
- Pour wine over fish and dot with butter. Fold over edges of parchment paper, stapling if necessary, to create and almost airtight seal.
- Bake in oven for 30 minutes. Carefully open and serve (be aware of bones in the fish).

## Nutrition Facts



## Properties

Glycemic Index:96.13, Glycemic Load:23.61, Inflammation Score:-9, Nutrition Score:37.883478226869%

## 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: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg

## Nutrients (% of daily need)

Calories: 518.09kcal (25.9%), Fat: 6.5g (10.01%), Saturated Fat: 2.56g (16.03%), Carbohydrates: 50.7g (16.9%), Net Carbohydrates: 43.83g (15.94%), Sugar: 4.81g (5.34%), Cholesterol: 91.44mg (30.48%), Sodium: 674.38mg (29.32%), Alcohol: 3.09g (100%), Alcohol %: 0.7% (100%), Protein: 55.05g (110.1%), Vitamin K: 239.38µg (227.98%), Vitamin D: 23.13µg (154.22%), Selenium: 87.26µg (124.66%), Vitamin B12: 6.81µg (113.5%), Phosphorus: 569.2mg (56.92%), Vitamin B6: 1.11mg (55.34%), Vitamin C: 45.43mg (55.06%), Potassium: 1319.14mg (37.69%), Vitamin A: 1851.08IU (37.02%), Manganese: 0.62mg (30.78%), Magnesium: 114.62mg (28.65%), Fiber: 6.88g (27.51%), Vitamin B5: 2.49mg (24.92%), Vitamin E: 2.66mg (17.76%), Vitamin B1: 0.24mg (15.96%), Folate: 59.39µg (14.85%), Vitamin B3: 2.78mg (13.9%), Calcium: 134.51mg (13.45%), Iron: 2.36mg (13.09%), Copper: 0.26mg (12.79%), Zinc: 1.56mg (10.41%), Vitamin B2: 0.09mg (5.22%)