



Sea Bass al Cartoccio



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 24 ounce pacific halibut filets ()
- ☐ 2 inch optional: lemon (2 lemons)
- ☐ 2 tablespoons olive oil divided
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 2 plum tomatoes cut into 6 wedges

☐ 0.5 teaspoon salt

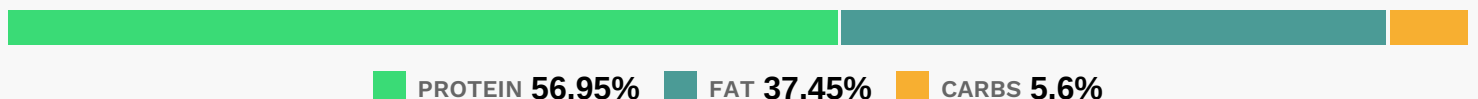
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400
- ☐ Cut 4 (12-inch) squares of parchment paper or heavy-duty foil; spread squares out on work surface.
- ☐ Combine oregano, 1 tablespoon oil, and next 4 ingredients in a small bowl; rub evenly over all sides of fish.
- ☐ Place 1 piece of fish in center of each parchment square; top each piece of fish with 2 lemon slices and 3 tomato wedges.
- ☐ Drizzle remaining 1 tablespoon oil evenly over fish fillets; seal the packets closed so they are airtight.
- ☐ Place packets on a jelly-roll pan or in a baking pan with sides.
- ☐ Bake at 400 for 25 minutes or until fish flakes easily when tested with a fork (remove 1 packet and check for doneness before removing the others from the oven).
- ☐ Place packets on individual plates; cut open top of each packet with a knife.
- ☐ Serve immediately.
- ☐ Al cartoccio (ahl kahr-TOH-chee-oh) literally means "in a bag," and these neat little packets are a handy, delicious way to cook fish.

Nutrition Facts



Properties

Glycemic Index:56.38, Glycemic Load:0.59, Inflammation Score:-9, Nutrition Score:20.705652133278%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 230.12kcal (11.51%), Fat: 9.42g (14.49%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.92g (1.02%), Cholesterol: 83.35mg (27.78%), Sodium: 408.8mg (17.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.45%), Selenium: 77.86µg (111.23%), Vitamin B3: 11.35mg (56.75%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.99mg (49.71%), Phosphorus: 414.87mg (41.49%), Vitamin B12: 1.87µg (31.18%), Potassium: 848.11mg (24.23%), Vitamin E: 2.45mg (16.32%), Vitamin K: 15.07µg (14.36%), Magnesium: 48.63mg (12.16%), Manganese: 0.21mg (10.38%), Vitamin A: 443.43IU (8.87%), Vitamin C: 7.02mg (8.51%), Folate: 28.72µg (7.18%), Vitamin B1: 0.1mg (6.87%), Vitamin B5: 0.64mg (6.43%), Iron: 1.1mg (6.12%), Zinc: 0.74mg (4.93%), Fiber: 1.21g (4.82%), Calcium: 43.98mg (4.4%), Vitamin B2: 0.07mg (4.17%), Copper: 0.08mg (4.05%)