



## Sea Bass in Papillote



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 tablespoons bottled capers drained
- ☐ 8 sprigs thyme leaves fresh
- ☐ 2 garlic cloves very thinly sliced
- ☐ 12 grape tomatoes halved
- ☐ 8 large optional: lemon thin (less than 3/4; from 1 large lemon)
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.8 teaspoon salt

☐ 24 ounce bass fillets black with skin thick ()

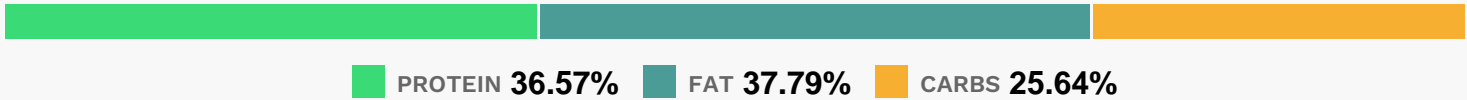
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ spatula

## Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F. Line a large baking sheet with foil, then drizzle with 1 tablespoon oil.
- ☐ Pat fish dry and sprinkle both sides with salt and pepper. Arrange fillets, skin sides down, in 1 layer in center of foil on baking sheet and slide 2 lemon slices under each fillet. Arrange 2 thyme sprigs on top of each fillet.
- ☐ Heat remaining 2 tablespoons oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking, then sauté garlic, stirring occasionally, until pale golden, about 30 seconds.
- ☐ Add tomatoes and a pinch of salt and sauté, stirring occasionally, until tomatoes are softened, about 1 minute. Stir in capers.
- ☐ Spoon hot tomato mixture over fish, then cover with another sheet of foil, tenting it slightly over fish, and crimp edges together tightly to seal.
- ☐ Bake until fish is just cooked through, 12 to 15 minutes (depending on thickness of fish); check by removing from oven and carefully lifting up a corner of top sheet of foil, pulling up sides of bottom sheet to keep liquid from running out. If fish is not cooked through, reseal foil and continue to bake, checking every 3 minutes.
- ☐ Transfer fillets with lemon slices to plates using a spatula (be careful not to tear foil underneath) and spoon tomatoes and juices over top.
- ☐ Serve immediately, discarding thyme before eating.

## Nutrition Facts



## Properties

Glycemic Index:42.63, Glycemic Load:4.36, Inflammation Score:-10, Nutrition Score:26.768695686174%

## Flavonoids

Eriodictyol: 46.14mg, Eriodictyol: 46.14mg, Eriodictyol: 46.14mg, Eriodictyol: 46.14mg Hesperetin: 60.26mg, Hesperetin: 60.26mg, Hesperetin: 60.26mg, Hesperetin: 60.26mg Naringenin: 1.53mg, Naringenin: 1.53mg, Naringenin: 1.53mg, Naringenin: 1.53mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 5.02mg, Luteolin: 5.02mg, Luteolin: 5.02mg, Luteolin: 5.02mg Kaempferol: 4.05mg, Kaempferol: 4.05mg, Kaempferol: 4.05mg, Kaempferol: 4.05mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

## Nutrients (% of daily need)

Calories: 334.89kcal (16.74%), Fat: 15.28g (23.51%), Saturated Fat: 2.43g (15.18%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 16.23g (5.9%), Sugar: 6.77g (7.52%), Cholesterol: 136.08mg (45.36%), Sodium: 644mg (28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.27g (66.55%), Vitamin C: 125.27mg (151.84%), Vitamin B12: 6.5µg (108.3%), Selenium: 63.21µg (90.29%), Phosphorus: 388.5mg (38.85%), Vitamin B6: 0.75mg (37.53%), Fiber: 7.1g (28.4%), Potassium: 875.65mg (25.02%), Magnesium: 95.72mg (23.93%), Vitamin B3: 4.16mg (20.79%), Iron: 3.36mg (18.68%), Vitamin B1: 0.28mg (18.67%), Vitamin B5: 1.75mg (17.51%), Vitamin A: 725.42IU (14.51%), Vitamin E: 2.14mg (14.27%), Folate: 48.38µg (12.09%), Manganese: 0.23mg (11.37%), Vitamin K: 11.32µg (10.78%), Calcium: 99.72mg (9.97%), Copper: 0.19mg (9.58%), Vitamin B2: 0.12mg (7.02%), Zinc: 0.96mg (6.42%)