

food
network



HEALTH SCORE

75%

Sea Bream Baked in a Bag: Orata en



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 carrots peeled sliced



0.8 cup cooking wine dry white



1 bell pepper green cored seeded thinly sliced



1 slices optional: lemon sliced thin



0.5 cup olive oil extra-virgin



0.3 cup gaeta olives



1 bell pepper red cored seeded thinly sliced



1 onion red sliced

- ☐ 4 servings salt and pepper
- ☐ 4 pound sea breams with head and tail intact
- ☐ 1 bell pepper yellow cored seeded thinly sliced

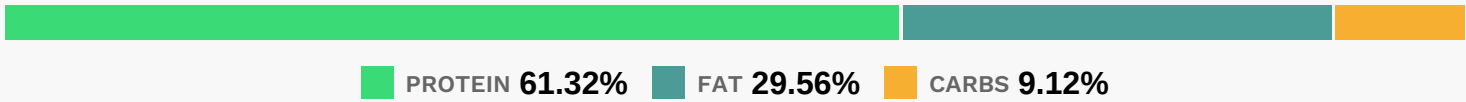
Equipment

- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ Season each fish on both sides and on the inside cavity with salt and pepper.
- ☐ Lay out 4 sheets of parchment paper (about 20 inches by 12 inches) and pour 2 tablespoons of olive oil on center of each sheet.
- ☐ Place one fish on each sheet of paper.
- ☐ Divide the peppers, onion, carrots, and olives evenly among the 4 fish.
- ☐ Place 2 slices of lemon on the top of each fish.
- ☐ Pour 3 tablespoons of white wine over each fish.
- ☐ Fold parchment in half and close the edge of the package to form a tight seal.
- ☐ Place the packages on a sheet tray and place in oven for 15 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.08, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:40.947826053785%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin:

0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg

Nutrients (% of daily need)

Calories: 582.59kcal (29.13%), Fat: 17.57g (27.03%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 9.15g (3.33%), Sugar: 5.1g (5.66%), Cholesterol: 362.87mg (120.96%), Sodium: 665.61mg (28.94%), Alcohol: 4.64g (100%), Alcohol %: 0.86% (100%), Protein: 81.99g (163.99%), Vitamin B12: 17.33µg (288.79%), Selenium: 165.98µg (237.11%), Vitamin C: 121.35mg (147.09%), Vitamin A: 6638.7IU (132.77%), Phosphorus: 946.31mg (94.63%), Vitamin B6: 1.67mg (83.28%), Vitamin B3: 10.63mg (53.13%), Magnesium: 203.54mg (50.88%), Potassium: 1514.85mg (43.28%), Vitamin B5: 3.72mg (37.18%), Vitamin B1: 0.53mg (35.5%), Iron: 4.53mg (25.17%), Folate: 77.13µg (19.28%), Manganese: 0.31mg (15.26%), Zinc: 2.16mg (14.38%), Vitamin E: 1.89mg (12.59%), Vitamin B2: 0.21mg (12.35%), Fiber: 3.05g (12.19%), Copper: 0.23mg (11.72%), Vitamin K: 11.34µg (10.8%), Calcium: 101.83mg (10.18%)