



## Striped Bass en Papillote

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup bell pepper strips red
- 0.3 teaspoon pepper black divided freshly ground
- 2 tablespoons feta cheese crumbled
- 1 tablespoon parsley fresh chopped
- 4 teaspoons juice of lemon fresh
- 1 tablespoon olive oil
- 2 teaspoons oregano fresh chopped
- 0.3 cup onion red sliced

- 0.5 teaspoon salt divided
- 24 ounce striped bass fillets
- 0.5 cup tomatoes diced yellow
- 0.3 cup zucchini strips

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- aluminum foil

## Directions

- Preheat oven to 50
- Combine first 7 ingredients, 1/4 teaspoon salt, and 1/8 teaspoon black pepper in a small bowl. Toss gently.
- Cut 4 (24-inch) lengths of parchment paper. Fold each in half; open each.
- Place 1 fillet near fold on each.
- Sprinkle fillets with 1/4 teaspoon salt and 1/8 teaspoon pepper. Top each evenly with vegetable mixture, feta cheese, and lemon juice.
- Fold paper; seal edges with narrow folds.
- Place packets on baking sheets.
- Bake at 500 for 10 minutes or until puffed and lightly browned.
- Place on plates; cut open.
- Serve immediately.
- Note: You may use aluminum foil in place of parchment paper.

## Nutrition Facts

**PROTEIN 56.07%** **FAT 37.34%** **CARBS 6.59%**

## Properties

Glycemic Index:42.5, Glycemic Load:0.48, Inflammation Score:-9, Nutrition Score:20.586087018899%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

## Nutrients (% of daily need)

Calories: 233.23kcal (11.66%), Fat: 9.47g (14.56%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 2.69g (0.98%), Sugar: 1.19g (1.32%), Cholesterol: 143.64mg (47.88%), Sodium: 511.3mg (22.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.98g (63.96%), Vitamin B12: 6.64µg (110.69%), Selenium: 63.56µg (90.8%), Phosphorus: 382.62mg (38.26%), Vitamin B6: 0.62mg (31.09%), Vitamin K: 25.91µg (24.68%), Vitamin C: 18.9mg (22.91%), Vitamin B3: 4.06mg (20.32%), Magnesium: 78.97mg (19.74%), Potassium: 565.07mg (16.14%), Vitamin B5: 1.46mg (14.56%), Vitamin B1: 0.21mg (13.83%), Vitamin A: 598.47IU (11.97%), Iron: 2.13mg (11.82%), Calcium: 91.94mg (9.19%), Vitamin B2: 0.16mg (9.18%), Folate: 36.2µg (9.05%), Manganese: 0.15mg (7.73%), Zinc: 1.08mg (7.21%), Vitamin E: 0.88mg (5.84%), Copper: 0.09mg (4.65%), Fiber: 1.07g (4.28%)