



Trout en papillote



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots cut into batons
- ☐ 3 celery stalks cut into batons
- ☐ 1 tbsp olive oil
- ☐ 0.5 tsp sugar
- ☐ 6 tbsp citrus champagne vinegar
- ☐ 700 g trout
- ☐ 4 servings basil
- ☐ 1 juice of lemon

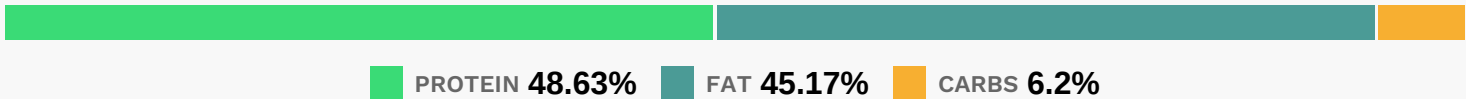
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Put the carrots and celery in a pan with the oil, sugar, wine, salt and pepper. Bring to the boil, tightly cover, then cook for 10 mins until the vegetables are tender. Cool.
- ☐ Cut four large sheets of baking parchment, about 35cm square. Divide the vegetables between them and top each with a trout fillet. Scatter a few basil leaves and a little lemon juice over each, then season the fish with a little salt and pepper. Fold the paper in half and double fold all round to seal in the fish, a bit like a pasty.
- ☐ Put the parcels on two baking sheets and bake for 15–20 mins (depending on the thickness of the fish).
- ☐ Serve in their paper with some steamed new potatoes.

Nutrition Facts



Properties

Glycemic Index:54.73, Glycemic Load:1.54, Inflammation Score:-10, Nutrition Score:30.641739285511%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 313.5kcal (15.67%), Fat: 15.19g (23.37%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 3.58g (1.3%), Sugar: 2.47g (2.74%), Cholesterol: 101.5mg (33.83%), Sodium: 120.26mg (5.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.8g (73.6%), Vitamin B12: 13.63µg (227.21%), Vitamin A: 6233.33IU (124.67%), Manganese: 1.58mg (78.9%), Vitamin D: 6.82µg (45.5%), Phosphorus: 445.58mg (44.56%), Vitamin B1: 0.64mg (42.62%), Vitamin B3: 8.26mg (41.32%), Vitamin B2: 0.6mg (35.46%), Vitamin B5: 3.51mg (35.15%), Selenium: 22.11µg (31.59%), Potassium: 777.14mg (22.2%), Vitamin B6: 0.41mg (20.42%), Copper: 0.36mg (17.87%), Iron: 2.93mg (16.27%), Vitamin K: 16.21µg (15.44%), Magnesium: 45.77mg (11.44%), Calcium: 93.7mg (9.37%), Zinc: 1.27mg (8.48%), Folate: 33.53µg (8.38%), Vitamin C: 6.47mg (7.84%), Vitamin E: 1.13mg (7.51%), Fiber: 1.11g (4.44%)