



 **100%**
HEALTH SCORE

Trout & fennel parcels



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



694 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 85 g bulgar wheat
- ☐ 1 lemon zest
- ☐ 0.5 bunch optional: dill roughly chopped
- ☐ 4 fillet trout boneless
- ☐ 1 small fennel bulb thinly sliced
- ☐ 4 spring onion thinly sliced

Equipment

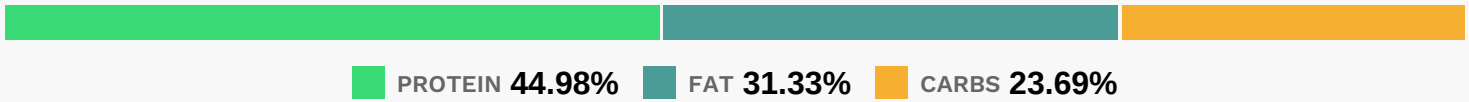
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 210C/fan 190C/gas
- ☐ Heat a baking sheet in the oven. Cook bulgar wheat according to the pack, drain, cool and fork in lemon zest and dill.
- ☐ Divide bulgar wheat between 2 sheets baking parchment. Sandwich together 2 fish fillets and sit on top.
- ☐ Sprinkle over fennel, spring onions, lemon juice, and season to taste.
- ☐ Wrap the parcels and put on the hot baking sheet.
- ☐ Bake in the oven for 12 mins or until fish is opaque and feels firm, top with extra dill and serve.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:16.17, Inflammation Score:-8, Nutrition Score:56.517826370571%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg

Nutrients (% of daily need)

Calories: 694.44kcal (34.72%), Fat: 24.21g (37.25%), Saturated Fat: 4.34g (27.1%), Carbohydrates: 41.19g (13.73%), Net Carbohydrates: 32.36g (11.77%), Sugar: 5.28g (5.87%), Cholesterol: 197.2mg (65.73%), Sodium: 242.24mg (10.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 78.19g (156.39%), Vitamin B12: 26.49µg (441.43%), Manganese: 3.71mg (185.55%), Vitamin K: 123.5µg (117.62%), Phosphorus: 1048.38mg (104.84%), Vitamin B3: 19.17mg (95.87%), Vitamin D: 13.26µg (88.4%), Vitamin B1: 1.26mg (83.98%), Vitamin B2: 1.36mg (80.14%), Vitamin B5: 7.42mg (74.2%), Selenium: 47.35µg (67.65%), Copper: 1.21mg (60.35%), Potassium: 1980.17mg (56.58%), Magnesium: 198.25mg (49.56%), Vitamin B6: 0.84mg (42.23%), Iron: 7.28mg (40.47%), Fiber: 8.82g (35.3%), Vitamin C: 24.33mg (29.5%), Folate: 104.67µg (26.17%), Zinc: 3.6mg (24.01%), Calcium: 233mg (23.3%), Vitamin A: 610.66IU (12.21%), Vitamin E: 1.5mg (9.99%)