



Wild Striped Bass en Papillote



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups asparagus sliced
- 4 servings pepper black freshly ground
- 12 button mushrooms cleaned quartered
- 0.5 cup corn kernels
- 0.3 cup cooking wine dry white
- 1 garlic clove very finely chopped
- 4 servings kosher salt
- 4 servings lemon wedges

- 0.5 cup parsley leaves chopped
- 2 medium shallots very finely chopped
- 28 ounce bass fillets wild skinless
- 0.5 pound swiss chard cleaned roughly chopped
- 0.3 cup tarragon leaves chopped
- 6 teaspoons butter unsalted softened
- 2 cups zucchini sliced

Equipment

- baking sheet
- baking paper
- oven

Directions

- Preheat the oven to 350 degrees F.
- Fold 4 large square sheets of parchment paper in half. Starting at the fold, cut out a large half heart shape. Open the paper flat on a surface with the point of the heart towards you. Butter the centers of each heart lightly with a teaspoon of the butter.
- Divide the Swiss chard into 4 portions.
- Place a pile onto each heart, centering it on 1 side of the heart, towards the crease. Top each with 1/4 of the zucchini, asparagus, corn, and mushrooms. Season the fish well with salt and pepper and place a fillet on top of each pile of vegetables.
- Place 1 teaspoon of butter on each fillet and sprinkle each with some of the parsley, tarragon, shallots, and garlic.
- Drizzle a little white wine over each.
- Fold the paper over to cover the fish. Starting at the top of the heart, tightly fold over the edges, overlapping each time, all the way to the point, until it is sealed. Tuck under the last fold to keep it closed. Butter the tops of the packets with the remaining butter.
- Place the packages onto a baking sheet and put them into the oven for 15 minutes.
- To serve, put the papillotes onto plates and unfold them at the table. (Be careful of the hot steam.)

Serve with lemon wedges.

Nutrition Facts

PROTEIN 49.38% **FAT 31.27%** **CARBS 19.35%**

Properties

Glycemic Index:86.38, Glycemic Load:3.1, Inflammation Score:-10, Nutrition Score:42.739130382952%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 4.34mg, Kaempferol: 4.34mg, Kaempferol: 4.34mg, Kaempferol: 4.34mg Myricetin: 2.89mg, Myricetin: 2.89mg, Myricetin: 2.89mg, Myricetin: 2.89mg Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg

Nutrients (% of daily need)

Calories: 342.98kcal (17.15%), Fat: 11.87g (18.26%), Saturated Fat: 5.11g (31.93%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 11.61g (4.22%), Sugar: 6.76g (7.51%), Cholesterol: 174.88mg (58.29%), Sodium: 512.23mg (22.27%), Alcohol: 1.54g (100%), Alcohol %: 0.38% (100%), Protein: 42.16g (84.31%), Vitamin K: 625µg (595.24%), Vitamin B12: 7.62µg (126.96%), Selenium: 80.82µg (115.45%), Vitamin A: 5240.5IU (104.81%), Vitamin C: 46.78mg (56.7%), Phosphorus: 566.23mg (56.62%), Vitamin B6: 1.03mg (51.41%), Magnesium: 173.44mg (43.36%), Manganese: 0.85mg (42.54%), Potassium: 1435.7mg (41.02%), Vitamin B3: 8.14mg (40.68%), Iron: 6.42mg (35.68%), Vitamin B2: 0.58mg (34.19%), Vitamin B5: 2.96mg (29.56%), Folate: 118.21µg (29.55%), Copper: 0.57mg (28.49%), Vitamin B1: 0.43mg (28.41%), Fiber: 4.9g (19.59%), Zinc: 2.23mg (14.84%), Vitamin E: 2.17mg (14.44%), Calcium: 143.71mg (14.37%), Vitamin D: 0.23µg (1.55%)