



Baked sea bass with fennel



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1002 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small sea bass fillets (ask your fishmonger to do this)
- ☐ 1 fennel bulb sliced
- ☐ 1 optional: lemon sliced
- ☐ 1 handful basil
- ☐ 1 small handful olives black
- ☐ 1 tbsp olive oil

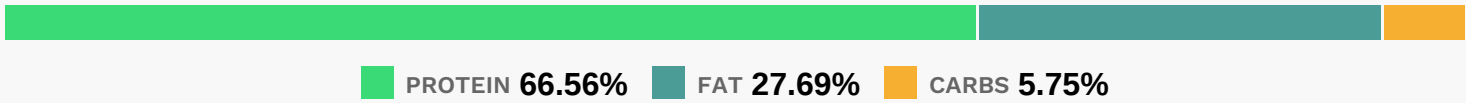
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Rinse and dry the fish. Season all over, then stuff the cavity with some fennel slices, lemon and basil. Scatter the olives and any leftover fennel, basil and lemon into a roasting tin.
- ☐ Place the sea bass on top.
- ☐ Drizzle each fish with the oil and bake for about 30 mins or until cooked through and starting to brown.

Nutrition Facts



Properties

Glycemic Index:70.25, Glycemic Load:3.12, Inflammation Score:-9, Nutrition Score:51.416521694349%

Flavonoids

Eriodictyol: 12.8mg, Eriodictyol: 12.8mg, Eriodictyol: 12.8mg, Eriodictyol: 12.8mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 1001.54kcal (50.08%), Fat: 29.9g (46%), Saturated Fat: 5.86g (36.62%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 8.5g (3.09%), Sugar: 6.01g (6.67%), Cholesterol: 720mg (240%), Sodium: 839.1mg (36.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 161.75g (323.5%), Vitamin B12: 34.38µg (573%), Selenium: 329.63µg (470.9%), Phosphorus: 1850.1mg (185.01%), Vitamin B6: 2.8mg (140.14%), Vitamin B3: 19.74mg (98.68%), Magnesium: 385.95mg (96.49%), Potassium: 2870.12mg (82%), Vitamin K: 81.98µg (78.08%), Vitamin B5: 7.13mg (71.28%), Vitamin B1: 0.94mg (62.38%), Vitamin C: 42.84mg (51.93%), Iron: 8.86mg (49.21%), Folate: 119.51µg (29.88%), Zinc: 3.88mg (25.86%), Fiber: 5.49g (21.94%), Vitamin A: 1070.71IU (21.41%), Calcium: 213.41mg (21.34%), Copper: 0.39mg (19.6%), Manganese: 0.39mg (19.31%), Vitamin B2: 0.32mg (18.81%), Vitamin E: 2.16mg (14.38%)