



 **98%**
HEALTH SCORE

Baked sea bass with romesco sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



65 min.

SERVINGS



6

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pasilla peppers red deseeded cut into large chunks
- 2 pasilla peppers yellow deseeded cut into large chunks
- 2 large tomatoes halved for best flavour (choose on the vine)
- 1 large onion red cut into wedges
- 4 large garlic cloves
- 4 tbsp olive oil for drizzling
- 2 kg oz line-caught sea bass whole
- 2 lemons thinly sliced

- 2 large handfuls herbs mixed fresh (such as rosemary and thyme)
- 2 tsp balsamic vinegar
- 50 g hazelnut whole toasted

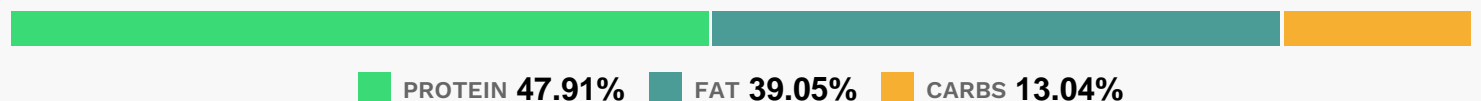
Equipment

- food processor
- oven
- knife
- aluminum foil

Directions

- Heat oven to 220C/fan 200C/gas
- Tip all of the vegetables into a roasting tray with the unpeeled garlic cloves. Season, pour over 4 tbsp olive oil and toss together. Roast for 20 mins until starting to soften.
- Pat the fish dry with kitchen paper, then slash the skin on both sides with a sharp knife. Season the inside of the fish, then stuff with the lemon slices and half of the herbs.
- Place on top of the veg, drizzle with more oil, scatter with the rest of the herbs, then roast for 20-25 mins. When the fish is cooked, the flesh will feel firmer and the dorsal fin (the large one on the back) will pull away easily.
- Lift the fish and half of the vegetables onto a serving plate and cover with foil to keep warm. Spoon the rest of the vegetables and most of the juice from the roasting tray into a food processor.
- Add the vinegar and hazelnuts, blend until smooth, then check the seasoning.
- Serve the fish with the vegetables and sauce, lifting the fillets off the bone.

Nutrition Facts



Properties

Glycemic Index:41.58, Glycemic Load:3.02, Inflammation Score:-10, Nutrition Score:39.950000099514%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 522.86kcal (26.14%), Fat: 22.75g (35%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 12.16g (4.42%), Sugar: 7.25g (8.06%), Cholesterol: 266.67mg (88.89%), Sodium: 239.57mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.81g (125.62%), Vitamin C: 204.68mg (248.09%), Vitamin B12: 12.73µg (212.22%), Selenium: 122.58µg (175.12%), Phosphorus: 743.54mg (74.35%), Vitamin B6: 1.47mg (73.44%), Vitamin A: 3406.83IU (68.14%), Vitamin B3: 8.72mg (43.58%), Magnesium: 173.46mg (43.37%), Manganese: 0.84mg (41.99%), Potassium: 1393.65mg (39.82%), Vitamin B1: 0.49mg (32.7%), Vitamin B5: 3.05mg (30.53%), Vitamin E: 4.24mg (28.25%), Folate: 103.33µg (25.83%), Iron: 4.25mg (23.63%), Vitamin K: 21.06µg (20.05%), Fiber: 4.93g (19.73%), Copper: 0.37mg (18.29%), Zinc: 1.99mg (13.25%), Vitamin B2: 0.21mg (12.53%), Calcium: 93.71mg (9.37%)