



Black Bass with Warm Rosemary-Olive Vinaigrette

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon rosemary leaves fresh
- 2 garlic clove thinly sliced
- 4 servings pepper freshly ground
- 3 tablespoons oil-cured olives black pitted coarsely chopped
- 2 tablespoons olive oil
- 0.5 cup orange juice fresh
- 16 ounce bass fillets black

Equipment

frying pan

Directions

Heat oil in a large nonstick skillet over medium-high heat. Season fish with salt and pepper and cook, skin side down, until skin is golden brown and crisp, about 5 minutes. Turn fish and add garlic, olives, and rosemary to skillet. Cook, stirring garlic, olives, and rosemary occasionally, until fish is opaque throughout, about 3 minutes.

Add orange juice to pan and swirl to combine. Divide radicchio and fish among plates and spoon warm vinaigrette over top.

Per serving: 230 calories, 11 g fat, 1 g fiber

Bon Appétit

Nutrition Facts



PROTEIN 40.83% **FAT 51.46%** **CARBS 7.71%**

Properties

Glycemic Index: 28.5, Glycemic Load: 1.8, Inflammation Score: -4, Nutrition Score: 12.067826094835%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 216.94kcal (10.85%), Fat: 12.2g (18.78%), Saturated Fat: 2g (12.48%), Carbohydrates: 4.12g (1.37%), Net Carbohydrates: 3.73g (1.36%), Sugar: 2.65g (2.95%), Cholesterol: 77.11mg (25.7%), Sodium: 173.83mg (7.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.79g (43.58%), Manganese: 1.06mg (52.75%), Vitamin B12: 2.27µg (37.8%), Phosphorus: 235.09mg (23.51%), Vitamin C: 18.34mg (22.24%), Selenium: 14.59µg (20.84%), Potassium: 478.97mg (13.68%), Iron: 1.89mg (10.49%), Calcium: 102.06mg (10.21%), Magnesium: 39.09mg (9.77%), Vitamin B5: 0.93mg (9.25%), Vitamin B6: 0.17mg (8.55%), Vitamin E: 1.25mg (8.34%), Vitamin B3: 1.57mg (7.86%), Vitamin B1: 0.12mg (7.83%), Folate: 27.1µg (6.77%), Copper: 0.13mg (6.68%), Vitamin B2: 0.1mg (5.66%), Zinc: 0.78mg (5.19%), Vitamin K: 4.52µg (4.3%), Vitamin A: 214.28IU (4.29%), Fiber: 0.39g (1.55%)