



HEALTH SCORE

79%

Branzino and Roasted Baby Vegetables with Tarragon-Chive Oil



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings peas
- ☐ 6 servings kosher salt
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.3 cup tarragon fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 6 fillet bass fillets with skin (each 5 ounces)

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Puree herbs and 4 tablespoons oil in blender until smooth.
- ☐ Transfer to small bowl; whisk in remaining 5 tablespoons oil. Season herb oil to taste with coarse salt and pepper.
- ☐ Preheat oven to 400°F. Pat fillets dry.
- ☐ Sprinkle on both sides with salt and pepper.
- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Add 3 fillets, skin side down. Sauté until brown, about 3 minutes.
- ☐ Transfer fillets, skin side down, to baking sheet. Repeat with remaining fillets.
- ☐ Drizzle each with 1/2 tablespoon herb oil.
- ☐ Roast fillets until just opaque in center, about 10 minutes.
- ☐ Transfer fillets to platter. Surround with vegetables.
- ☐ Drizzle some herb oil over vegetables.
- ☐ Serve, passing remaining herb oil.
- ☐ With the fish, try a dry white wine, like the kosher Hagafen 2008 Oak Knoll District of Napa Valley Chardonnay (California, \$24).
- ☐ Per serving: 233.7 kcal calories, 48.2 % calories from fat, 12.5 g fat, 2.1 g saturated fat,
- ☐ 6 mg cholesterol,
- ☐ 6 g carbohydrates,
- ☐ 0 g total sugars,
- ☐ Bon Appétit

Nutrition Facts

PROTEIN 51.86% FAT 30.63% CARBS 17.51%

Properties

Glycemic Index:31.89, Glycemic Load:3.47, Inflammation Score:-8, Nutrition Score:27.147826236227%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 272.35kcal (13.62%), Fat: 9.1g (14%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 7.31g (2.66%), Sugar: 4.15g (4.61%), Cholesterol: 136mg (45.33%), Sodium: 317.56mg (13.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.66g (69.32%), Vitamin B12: 6.49µg (108.23%), Selenium: 63.46µg (90.66%), Vitamin K: 63.92µg (60.88%), Phosphorus: 423.58mg (42.36%), Vitamin C: 33.97mg (41.17%), Vitamin B6: 0.69mg (34.37%), Vitamin B3: 5.31mg (26.57%), Magnesium: 100.97mg (25.24%), Manganese: 0.5mg (25.01%), Vitamin B1: 0.37mg (24.74%), Vitamin A: 1051.01IU (21.02%), Potassium: 693.17mg (19.8%), Iron: 3.38mg (18.77%), Folate: 73.1µg (18.27%), Fiber: 4.4g (17.59%), Vitamin B5: 1.36mg (13.64%), Zinc: 1.69mg (11.3%), Vitamin B2: 0.18mg (10.51%), Copper: 0.2mg (10.01%), Calcium: 72.37mg (7.24%), Vitamin E: 0.79mg (5.25%)