



Branzino with Roasted Tomatoes, Olive Oil Poached Mushrooms

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet branzino
- ☐ 8 ounces button mushrooms
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons grapeseed oil
- ☐ 4 servings salt and ground pepper
- ☐ 0.3 cup juice of lemon fresh

- ☐ 2 cups olive oil
- ☐ 8 slices tomatoes
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup white wine

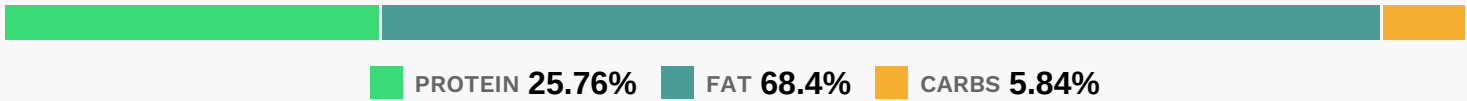
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ For the mushrooms: In a saucepan over medium-high heat, add the olive oil to the pan and allow to heat until the verge of smoking. Then reduce the heat to medium and add the mushrooms. Allow the mushrooms to cook for 5 to 6 minutes, and then remove.
- ☐ For the fish: In a nonstick saute pan, add the grapeseed oil over medium heat for 1 minute.
- ☐ Sprinkle the fish with salt and pepper, and then add the fish to the pan, flesh-side down. Cook for 2 minutes, flip the fish and turn the heat off. Allow the fish to finish with the residual heat for 2 minutes. Then remove the fish and allow to rest until serving.
- ☐ For the sauce: In the same pan, return to medium-high heat.
- ☐ Sprinkle the tomatoes with salt and pepper, add to the pan and cook for 1 minute. Then flip the tomatoes and add the wine to deglaze the pan. Next, add the lemon juice, parsley and garlic.
- ☐ Remove the tomatoes and arrange flat on a serving plate, end to end. Allow the sauce to reduce by half, yielding 1/2 cup. Once reduced, turn the heat off and stir in the butter to finish the sauce. Then place the fish over the tomatoes, arrange the mushrooms and spoon the sauce over the fish.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:1.41, Inflammation Score:-8, Nutrition Score:26.098695672077%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 546.61kcal (27.33%), Fat: 38.61g (59.39%), Saturated Fat: 8.17g (51.04%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 6.02g (2.19%), Sugar: 3.55g (3.94%), Cholesterol: 151.05mg (50.35%), Sodium: 128.67mg (5.59%), Alcohol: 6.18g (100%), Alcohol %: 1.62% (100%), Protein: 32.72g (65.44%), Vitamin B12: 6.53µg (108.81%), Selenium: 67.76µg (96.8%), Vitamin K: 51µg (48.57%), Phosphorus: 416.4mg (41.64%), Vitamin E: 5.63mg (37.51%), Vitamin B6: 0.68mg (33.81%), Vitamin B3: 6.06mg (30.3%), Potassium: 824.12mg (23.55%), Vitamin B5: 2.25mg (22.48%), Magnesium: 87.77mg (21.94%), Vitamin C: 17.77mg (21.54%), Vitamin A: 947.87IU (18.96%), Vitamin B2: 0.31mg (18.07%), Vitamin B1: 0.25mg (16.58%), Copper: 0.28mg (14.06%), Iron: 2.32mg (12.9%), Manganese: 0.24mg (11.77%), Folate: 40.02µg (10%), Zinc: 1.2mg (7.99%), Fiber: 1.39g (5.58%), Calcium: 47.63mg (4.76%), Vitamin D: 0.22µg (1.46%)