

food
network



HEALTH SCORE

100%

Crispy Whole Striped Bass with Red Tomatillo Sauce and Roasted Red Potatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



1627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings canola oil for frying



3 tablespoons new mexico chile powder



1 tablespoon chives finely chopped



1 tablespoon cilantro leaves finely chopped



3 tablespoons cilantro leaves chopped



1 tablespoon flat parsley finely chopped



2 cloves garlic coarsely chopped

- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 habanero chile coarsely chopped
- ☐ 2 tablespoons honey
- ☐ 12 new potatoes quartered cut in half or depending on size
- ☐ 3 tablespoons olive oil
- ☐ 4 tablespoons olive oil
- ☐ 1 large onion diced red finely
- ☐ 0.3 cup red wine vinegar
- ☐ 2 cups rice flour
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 bass fillets whole dry rinsed
- ☐ 8 tomatillos washed husked
- ☐ 0.5 cup water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ roasting pan

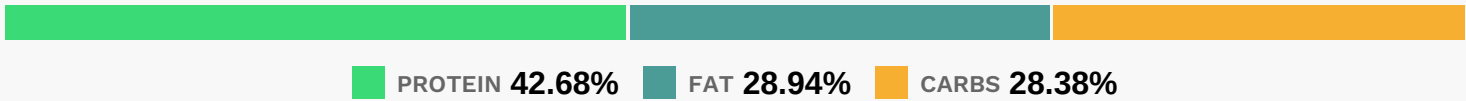
Directions

- ☐ Heat about 2 inches of oil in a high-sided skillet over medium heat to 360 degrees F.
- ☐ Whisk together flour, salt, and pepper in a large bowl.
- ☐ Whisk in enough water to make a batter the consistency of a crepe batter. When the oil has 360 degrees. Season each fish well on the inside and outside and dip into the batter, allowing

any excess to run off. Carefully place 2 whole fish in each pan and cook until golden brown on both sides.

- ☐ Serve each fish on a large plate, ladle with some of the Red Tomatillo Sauce, and arrange the Roasted New Herb Potatoes around the plate.
- ☐ Red Tomatillo Sauce:Preheat oven to 375 degrees F.
- ☐ Place tomatillos in a small roasting pan, toss with 2 tablespoons of olive oil and season with salt and pepper to taste. Roast until soft, about 20 to 25 minutes.
- ☐ Heat remaining olive oil in medium sauce pan, add onions and cook until soft.
- ☐ Add garlic and habanero and cook for 1 minute.
- ☐ Add the chile powder and cook for 1 minute.
- ☐ Add the tomatillos, stir, and cook for 10 minute.
- ☐ Transfer the mixture to a food processor, add the vinegar, honey, and cilantro, and process until almost smooth. Season with salt and pepper.
- ☐ Roasted New Herbed Potatoes:Preheat oven to 375 degrees F. Toss potatoes with olive oil, garlic, and salt and pepper, to taste.
- ☐ Place in a small roasting dish and roast until cooked through and golden brown.
- ☐ Remove from oven and immediately fold in the herbs.

Nutrition Facts



Properties

Glycemic Index:119.26, Glycemic Load:69.19, Inflammation Score:-10, Nutrition Score:60.858260942542%

Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg

Nutrients (% of daily need)

Calories: 1626.58kcal (81.33%), Fat: 51.17g (78.72%), Saturated Fat: 9.03g (56.43%), Carbohydrates: 112.88g (37.63%), Net Carbohydrates: 103.25g (37.55%), Sugar: 14.42g (16.02%), Cholesterol: 720mg (240%), Sodium:

930.02mg (40.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 169.8g (339.6%), Vitamin B12: 34.38µg (573%), Selenium: 343.31µg (490.45%), Phosphorus: 2016.6mg (201.66%), Vitamin B6: 3.79mg (189.48%), Vitamin B3: 24.8mg (124%), Magnesium: 454.99mg (113.75%), Potassium: 3448.94mg (98.54%), Manganese: 1.67mg (83.4%), Vitamin B5: 8.13mg (81.28%), Vitamin B1: 1.21mg (80.73%), Iron: 11.06mg (61.47%), Vitamin C: 47.86mg (58.01%), Vitamin A: 2826.48IU (56.53%), Vitamin K: 50.74µg (48.33%), Vitamin E: 6.65mg (44.37%), Fiber: 9.63g (38.52%), Copper: 0.71mg (35.66%), Zinc: 5.27mg (35.12%), Folate: 125.89µg (31.47%), Vitamin B2: 0.44mg (25.83%), Calcium: 204.77mg (20.48%)