



Fennel-Baked Sea Bass with Fennel Two Ways

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 fennel bulbs with stalks
- 1 tablespoon juice of lemon fresh
- 0.5 cup chicken stock see low-sodium
- 2 tablespoons olive oil extra-virgin plus more for rubbing
- 4 servings salt and pepper freshly ground
- 24 ounce skin-on sea bass fillets
- 1 tablespoon butter unsalted

Equipment

- bowl
- frying pan
- paper towels
- oven
- mandoline

Directions

- Cut the stalks from the fennel bulbs; halve both the stalks and bulbs lengthwise. Using a mandoline, thinly slice one fennel bulb half.
- Transfer the slices to a small bowl of ice water and refrigerate for at least 30 minutes or up to 2 hours.
- Meanwhile, cut the remaining 3 fennel bulb halves into 1-inch wedges. In a large skillet, heat 1 tablespoon of the olive oil.
- Add the fennel wedges in a single layer and add the chicken stock. Cover and cook over low heat, turning the fennel wedges a few times, until tender, about 25 minutes. Uncover, stir in the butter and season with salt and pepper. Keep warm.
- Preheat the oven to 35
- In a large skillet, sear the fennel stalks over high heat, turning as necessary to char thoroughly on both sides, about 15 minutes.
- Rub the fish fillets with oil, season with salt and pepper and arrange in the skillet on the charred fennel stalks.
- Bake on the top shelf of the oven for about 8 minutes, until the fish just flakes easily.
- Drain the fennel slices and pat dry with a paper towel.
- Transfer them to a small bowl.
- Add the lemon juice and the remaining 1 tablespoon of olive oil, season with salt and pepper and toss.
- Transfer the fish fillets to plates; discard the fennel stalks. Top the fish with the fennel salad, arrange the braised fennel wedges alongside and serve.

Nutrition Facts



■ PROTEIN 43.93% ■ FAT 43.6% ■ CARBS 12.47%

Properties

Glycemic Index:11.25, Glycemic Load:2.21, Inflammation Score:-6, Nutrition Score:24.043912891461%

Flavonoids

Eriodictyol: 1.45mg, Eriodictyol: 1.45mg, Eriodictyol: 1.45mg, Eriodictyol: 1.45mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 293.78kcal (14.69%), Fat: 14.22g (21.88%), Saturated Fat: 3.79g (23.66%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 5.52g (2.01%), Sugar: 4.73g (5.26%), Cholesterol: 143.6mg (47.87%), Sodium: 381.41mg (16.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.24g (64.48%), Vitamin B12: 6.53µg (108.89%), Selenium: 62.94µg (89.92%), Vitamin K: 77.93µg (74.22%), Phosphorus: 405.28mg (40.53%), Vitamin B6: 0.57mg (28.5%), Potassium: 950.01mg (27.14%), Vitamin B3: 4.73mg (23.65%), Magnesium: 88.52mg (22.13%), Vitamin C: 15.49mg (18.78%), Vitamin B5: 1.56mg (15.56%), Fiber: 3.64g (14.55%), Iron: 2.39mg (13.27%), Manganese: 0.25mg (12.5%), Vitamin B1: 0.18mg (12.19%), Folate: 47.75µg (11.94%), Vitamin E: 1.77mg (11.82%), Calcium: 85.28mg (8.53%), Vitamin A: 397.56IU (7.95%), Copper: 0.15mg (7.32%), Zinc: 0.95mg (6.33%), Vitamin B2: 0.1mg (5.83%)