



 **39%**
HEALTH SCORE

Roasted Sea Bream With Anchoiade

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 fillet sea bream
- 2 garlic clove
- 150 grams olives black in brine pitted
- 4 anchovy in oil
- 4 anchovy in oil
- 100 milliliters olive oil
- 2 bell pepper red
- 150 grams sun-dried olives finely sliced in oil

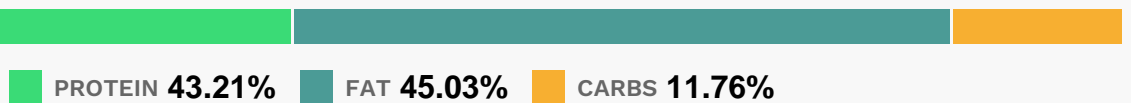
Equipment

- baking sheet
- baking paper
- oven

Directions

- Preheat the oven to 190 degrees C/gas
- Blend together the garlic, black olives, anchovies and olive oil.
- Cut the peppers into large flat pieces, lay skin up on a baking sheet and bake in the oven for about 10 minutes or until the skin is blistering and blackened.
- Remove from the oven and leave to cool. Once cool, carefully remove the skin and then slice finely.
- Add the peppers and sundried tomatoes to the olive and anchovy mix, combine well. Increase the oven temperature to 200 degrees C/gas
- Line a baking sheet with baking paper.
- Lay 6 of the sea bream fillets, skin down on the baking sheet, spread each of them with the olive mixture, place the other 6 fillets on top, skin up, drizzle with the olive oil, bake for 8 minutes, serve immediately. I served mine with broken roasted potatoes.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:3.85, Inflammation Score:-8, Nutrition Score:16.012173913043%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Taste

Sweetness: 22.21%, Saltiness: 54.85%, Sourness: 35.6%, Bitterness: 25.33%, Savoriness: 15.83%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 594.05kcal (29.7%), Fat: 30.03g (46.19%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 12.88g (4.68%), Sugar: 11.21g (12.46%), Cholesterol: 3.2mg (1.07%), Sodium: 764.36mg (33.23%), Protein: 64.82g (129.65%), Vitamin C: 60.89mg (73.8%), Vitamin A: 1561.47IU (31.23%), Potassium: 976.29mg (27.89%), Manganese: 0.53mg (26.32%), Vitamin E: 3.8mg (25.36%), Vitamin K: 22.23µg (21.17%), Copper: 0.41mg (20.3%), Fiber: 4.75g (19.02%), Vitamin B3: 3.47mg (17.33%), Iron: 2.84mg (15.78%), Magnesium: 58.45mg (14.61%), Vitamin B6: 0.23mg (11.31%), Phosphorus: 111.12mg (11.11%), Vitamin B1: 0.16mg (10.91%), Vitamin B2: 0.17mg (10.15%), Folate: 36.51µg (9.13%), Vitamin B5: 0.69mg (6.94%), Selenium: 3.73µg (5.33%), Calcium: 53.08mg (5.31%), Zinc: 0.71mg (4.73%)