



Grilled Fish and "Chips"



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



487 kcal

SIDE DISH

Ingredients

- 2 tablespoons capers chopped
- 1.5 pounds fingerling potatoes sliced lengthwise
- 1 tablespoon flat-leaf parsley chopped
- 1 teaspoon kosher salt divided
- 1 teaspoon juice of lemon fresh
- 4 servings lemon wedges
- 1 teaspoon lemon zest shredded finely
- 0.3 cup mayonnaise

- 2 tbsp olive oil divided
- 4 fillet bass fillets with skin (2 lbs. total), halved and skin scored

Equipment

- bowl
- paper towels
- wire rack
- grill
- tongs

Directions

- Prepare a charcoal or gas grill for medium heat (350 to 450; you can hold your hand 5 in. above cooking grate only 5 to 7 seconds). Set a cooling rack over half of cooking grate. In a small bowl, mix potatoes and 1 tbsp. oil.
- Spread potatoes on rack and grill until browned, turning occasionally, about 10 minutes.
- While potatoes cook, make sauce and cook fish. For sauce, in a small bowl, mix capers, lemon juice, zest, and mayonnaise. Set aside.
- Rub fish on both sides with remaining 1 tbsp. oil and sprinkle with 1/2 tsp. salt. Using a wad of oiled paper towels and tongs, oil clear portion of cooking grate.
- Lay fish on grate and cook, turning once, until grill marks appear and fish is opaque, about 5 minutes total.
- Transfer potatoes and fish to a platter.
- Sprinkle potatoes with remaining 1/2 tsp. salt and the parsley.
- Serve with caper mayonnaise and lemon wedges for fish.

Nutrition Facts



Properties

Glycemic Index:47.81, Glycemic Load:21.83, Inflammation Score:-7, Nutrition Score:26.826521873474%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 6.63mg, Kaempferol: 6.63mg, Kaempferol: 6.63mg, Kaempferol: 6.63mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg

Nutrients (% of daily need)

Calories: 486.77kcal (24.34%), Fat: 25.13g (38.66%), Saturated Fat: 4.07g (25.42%), Carbohydrates: 30.34g (10.11%), Net Carbohydrates: 26.35g (9.58%), Sugar: 1.54g (1.71%), Cholesterol: 143.84mg (47.95%), Sodium: 938.93mg (40.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.9g (67.81%), Vitamin B12: 6.52µg (108.61%), Selenium: 63.05µg (90.07%), Vitamin K: 55.26µg (52.63%), Vitamin B6: 1.02mg (50.87%), Vitamin C: 36.67mg (44.45%), Phosphorus: 438.78mg (43.88%), Potassium: 1165.84mg (33.31%), Magnesium: 109.37mg (27.34%), Vitamin B3: 5.41mg (27.03%), Vitamin B1: 0.31mg (20.7%), Vitamin B5: 1.82mg (18.21%), Iron: 2.98mg (16.54%), Fiber: 3.99g (15.95%), Manganese: 0.29mg (14.69%), Copper: 0.26mg (12.89%), Folate: 46.31µg (11.58%), Vitamin E: 1.68mg (11.23%), Zinc: 1.23mg (8.19%), Vitamin B2: 0.12mg (6.84%), Vitamin A: 258.84IU (5.18%), Calcium: 51.82mg (5.18%)