



Grilled Striped Bass with Lemon and Fennel



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings coarse salt
- ☐ 0.5 cup fennel bulb fresh packed coarsely chopped ()
- ☐ 2 garlic clove crushed
- ☐ 5.1 inch optional: lemon
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 3 pound bass fillets whole cleaned

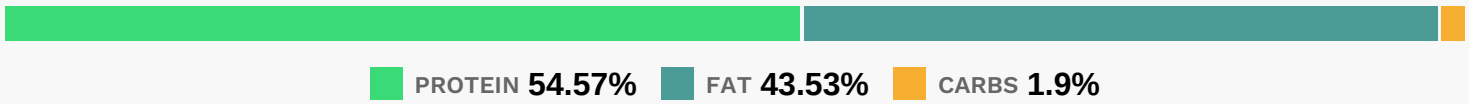
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk first 3 ingredients in medium bowl. Season with salt and pepper. Set aside.
- ☐ Make three 1/2-inch-deep diagonal slits in skin on each side of fish.
- ☐ Brush fish generously inside and out with garlic oil.
- ☐ Sprinkle fish inside and out with coarse salt. Stuff slits with half of fennel fronds.
- ☐ Place remaining fennel fronds inside fish.
- ☐ Place fish in grilling basket. Top fish with lemon slices, overlapping slightly. Close grilling basket (fish and lemon slices should be secured by basket). Grill fish until cooked through, about 10 minutes per side.
- ☐ Remove fish with lemon slices from basket and carefully transfer to platter.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:24.788260796796%

Flavonoids

Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg Hesperetin: 1.99mg, Hesperetin: 1.99mg, Hesperetin: 1.99mg, Hesperetin: 1.99mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 457.53kcal (22.88%), Fat: 21.48g (33.05%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.71g (0.79%), Cholesterol: 272.16mg (90.72%), Sodium: 434.84mg (18.91%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.61g (121.22%), Vitamin B12: 13µg (216.59%), Selenium: 124.48µg (177.83%), Phosphorus: 682.44mg (68.24%), Vitamin B6: 1.05mg (52.52%), Vitamin B3: 7.23mg (36.17%), Magnesium: 139.02mg (34.75%), Potassium: 934.33mg (26.7%), Vitamin B5: 2.6mg (26.02%), Vitamin B1: 0.35mg (23.16%), Iron: 3.07mg (17.03%), Vitamin K: 14.98µg (14.27%), Vitamin E: 2.02mg (13.5%), Zinc: 1.41mg (9.37%), Folate: 35.46µg (8.86%), Vitamin C: 6.4mg (7.76%), Vitamin A: 322.05IU (6.44%), Vitamin B2: 0.11mg (6.41%), Calcium: 60.62mg (6.06%), Copper: 0.12mg (5.98%), Manganese: 0.1mg (4.96%), Fiber: 0.48g (1.93%)