



Grilled Striped Bass with Orange-Saffron Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter room temperature (1 stick)
- ☐ 6 servings sea salt
- ☐ 3 tablespoons orange juice concentrate frozen thawed
- ☐ 2 large oranges; 1 juiced halved thinly sliced
- ☐ 1 pinch of saffron threads
- ☐ 6 pound trout whole cleaned
- ☐ 0.5 teaspoon citrus champagne vinegar

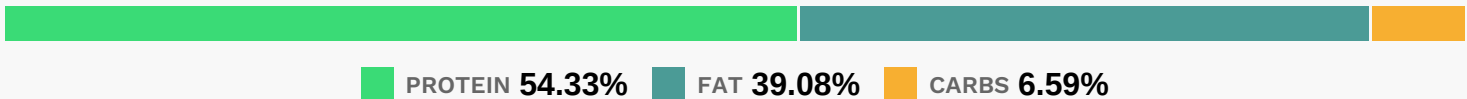
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk butter, juice concentrate, vinegar, and saffron in small saucepan to blend. Season butter to taste with coarse salt and pepper. DO AHEAD Can be made 2 days ahead. Cover and chill.
- ☐ Using small sharp knife, cut diagonal slits on both sides of fish at 1-inch intervals. Arrange fish on rimmed baking sheet.
- ☐ Sprinkle fresh orange juice and salt into slits and cavities of fish. Fill cavities with orange slices (about 3 per fish). Cover loosely and let stand at room temperature at least 30 minutes and up to 1 hour.
- ☐ Spray grill racks and fish generously with nonstick spray. Prepare barbecue (medium-high heat).
- ☐ Place saucepan with orange-saffron butter at edge of grill to warm through, stirring occasionally. Arrange fish on barbecue. Grill until just opaque in center, about 5 minutes per side.
- ☐ Transfer to plates.
- ☐ Serve with warm seasoned butter.

Nutrition Facts



Properties

Glycemic Index:27.08, Glycemic Load:2.46, Inflammation Score:-8, Nutrition Score:32.067826333253%

Flavonoids

Hesperetin: 16.71mg, Hesperetin: 16.71mg, Hesperetin: 16.71mg, Hesperetin: 16.71mg Naringenin: 9.4mg, Naringenin: 9.4mg, Naringenin: 9.4mg, Naringenin: 9.4mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 615.49kcal (30.77%), Fat: 26g (40%), Saturated Fat: 12.04g (75.23%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 8.31g (3.02%), Sugar: 7.94g (8.82%), Cholesterol: 403.54mg (134.51%), Sodium: 628.97mg (27.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 81.34g (162.68%), Vitamin B12: 17.36µg (289.32%), Selenium: 166.09µg (237.27%), Phosphorus: 915.8mg (91.58%), Vitamin B6: 1.42mg (70.87%), Vitamin C: 43.36mg (52.56%), Vitamin B3: 9.79mg (48.94%), Magnesium: 190.58mg (47.64%), Potassium: 1323.6mg (37.82%), Vitamin B5: 3.62mg (36.17%), Vitamin B1: 0.53mg (35.22%), Iron: 3.9mg (21.69%), Vitamin A: 1047.03IU (20.94%), Folate: 65.49µg (16.37%), Zinc: 1.89mg (12.58%), Vitamin B2: 0.18mg (10.59%), Calcium: 100.08mg (10.01%), Copper: 0.17mg (8.64%), Fiber: 1.55g (6.19%), Manganese: 0.09mg (4.5%), Vitamin E: 0.59mg (3.96%), Vitamin K: 1.35µg (1.29%)