



Italian baked sea bass



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



1229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 290 g roasted peppers whole drained sliced
- ☐ 1 onion red very thin sliced into wedges
- ☐ 2 servings olive oil
- ☐ 4 garlic clove unpeeled
- ☐ 3 optional: lemon cut into wedges to serve
- ☐ 2 sea bass fillets
- ☐ 15 olives black
- ☐ 25 g pinenuts toasted

☐ 1 handful parsley roughly chopped

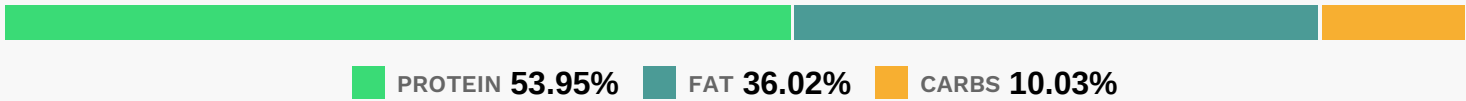
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the peppers and onions with seasoning plus a small drizzle of olive oil.
- ☐ Spread on a baking tray and cook for 5 mins.
- ☐ Toss in the garlic and lemon with the onions and peppers. Sit on the sea bass, brush fish with a little more oil, season fish and roast for 15 mins.
- ☐ Stir the olives and pine nuts into the veg and roast for 5 mins more until the fish is just cooked through. Squeeze over some lemon juice and scatter with parsley to serve.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:4.41, Inflammation Score:-10, Nutrition Score:60.156521424003%

Flavonoids

Eriodictyol: 34.6mg, Eriodictyol: 34.6mg, Eriodictyol: 34.6mg, Eriodictyol: 34.6mg Hesperetin: 45.2mg, Hesperetin: 45.2mg, Hesperetin: 45.2mg, Hesperetin: 45.2mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 3.3mg, Luteolin: 3.3mg, Luteolin: 3.3mg, Luteolin: 3.3mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 13.12mg, Quercetin: 13.12mg, Quercetin: 13.12mg, Quercetin: 13.12mg

Nutrients (% of daily need)

Calories: 1229.13kcal (61.46%), Fat: 49.13g (75.59%), Saturated Fat: 7.88g (49.23%), Carbohydrates: 30.79g (10.26%), Net Carbohydrates: 21.94g (7.98%), Sugar: 7.07g (7.86%), Cholesterol: 720mg (240%), Sodium: 3082.16mg (134.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 165.58g (331.16%), Vitamin B12: 34.38µg (573%), Selenium: 331.07µg (472.96%), Vitamin C: 161.99mg (196.35%), Phosphorus: 1936.29mg (193.63%), Vitamin

B6: 3.25mg (162.55%), Magnesium: 431.58mg (107.9%), Vitamin B3: 20.61mg (103.06%), Manganese: 1.69mg (84.52%), Potassium: 2942.07mg (84.06%), Vitamin B1: 1.09mg (72.79%), Vitamin B5: 7.27mg (72.7%), Iron: 10.95mg (60.83%), Vitamin K: 48.71µg (46.39%), Copper: 0.77mg (38.54%), Vitamin A: 1891.29IU (37.83%), Fiber: 8.86g (35.42%), Folate: 140.84µg (35.21%), Zinc: 4.96mg (33.07%), Vitamin E: 4.6mg (30.66%), Calcium: 280.58mg (28.06%), Vitamin B2: 0.4mg (23.52%)