



 **67%**  
HEALTH SCORE

## Le Rouget

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**65 min.**

SERVINGS



**4**

CALORIES



**490 kcal**

SIDE DISH

## Ingredients

- 2 anchovies
- 4 baby carrots
- 1 medium fennel bulb
- 2 tablespoons flat-leaf parsley fresh chopped
- 3 cloves garlic
- 50 grams blanched green beans
- 2 tablespoons juice of lemon
- 50 grams nuts (almonds, hazelnuts, pine nuts)

- 4 servings olive oil
- 6 tablespoons olive oil
- 4 radishes
- 5 ounces little mullets red (goat fish)
- 1 teaspoon red wine vinegar
- 1 roasted bell pepper sweet red jarred
- 4 servings salt and pepper black freshly ground
- 2 spring onion
- 4 tomatoes

## Equipment

- baking sheet
- oven
- knife
- grill

## Directions

- With a small knife, fillet the mullets from the back without breaking the belly.
- Remove all the bones and keep on the side. Peel and wash the carrots, wash the other vegetables carefully and shred them into slices using a mandolin. Season the shredded vegetables with the dressing and stuff them inside the mullets. Gently cook the open mullets under the grill.
- Sprinkle with Sauce Romesco and serve.
- This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.
- Preheat oven to 425 degrees F.
- Arrange unpeeled tomatoes and garlic on a baking sheet.
- Sprinkle with olive oil and bake for 15 to 20 minutes.

- Let cool. Peel the tomatoes, remove core, seeds, and juice by pressing them in your hand. Peel the garlic and chop.
- Mix the roasted tomatoes, garlic, anchovies and roasted pepper, if using, salt, pepper, and nuts.
- Add 2 tablespoons of parsley. While mixing, add some olive oil and vinegar gradually. Set aside in refrigerator.

## Nutrition Facts

**PROTEIN 9.21%**

**FAT 78.81%**

**CARBS 11.98%**

### Properties

Glycemic Index:75.5, Glycemic Load:3.09, Inflammation Score:-9, Nutrition Score:24.530869411386%

### Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

### Nutrients (% of daily need)

Calories: 490.07kcal (24.5%), Fat: 44.53g (68.52%), Saturated Fat: 5.92g (37.01%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 9.61g (3.49%), Sugar: 7.4g (8.23%), Cholesterol: 18.56mg (6.19%), Sodium: 201.78mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.71g (23.42%), Vitamin K: 121.13µg (115.36%), Vitamin A: 2893.2IU (57.86%), Manganese: 1.16mg (57.76%), Vitamin E: 8.4mg (55.98%), Vitamin C: 39.16mg (47.47%), Potassium: 872.32mg (24.92%), Fiber: 5.62g (22.49%), Vitamin B6: 0.43mg (21.71%), Selenium: 14.96µg (21.37%), Copper: 0.4mg (19.92%), Phosphorus: 194.7mg (19.47%), Vitamin B3: 3.74mg (18.72%), Folate: 69.51µg (17.38%), Magnesium: 63.92mg (15.98%), Iron: 2.55mg (14.15%), Vitamin B1: 0.19mg (12.81%), Calcium: 97.77mg (9.78%), Vitamin B5: 0.76mg (7.58%), Vitamin B2: 0.12mg (7.13%), Zinc: 1mg (6.68%), Vitamin D: 0.53µg (3.54%), Vitamin B12: 0.09µg (1.51%)