



Mediterranean Striped Bass

 Gluten Free  Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup torn basil leaves divided
- 0.3 teaspoon pepper black
- 1 tablespoon capers drained
- 0.5 teaspoon pepper red crushed
- 0.8 cup cooking wine dry white
- 2 teaspoons flat-leaf parsley fresh chopped
- 5 garlic cloves sliced
- 2 tablespoons olive oil extra-virgin divided

- 8 castelvetrano olives pitted halved
- 0.8 cup onion chopped
- 1 tablespoon oregano fresh chopped
- 3 plum tomatoes sliced
- 0.4 teaspoon salt divided
- 24 ounce striped sea bass fillets

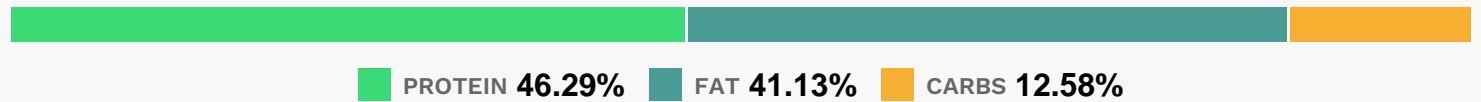
Equipment

- frying pan

Directions

- Heat a large skillet over medium-high heat.
- Add 1 tablespoon oil; swirl.
- Add onion and next 3 ingredients; saut 2 minutes. Stir in wine, 1/4 cup basil, capers, and 1/8 teaspoon salt; heat to 15
- Reduce heat to medium-low; sprinkle fish with 1/4 teaspoon salt. Nestle fish and tomatoes in broth. Cover and simmer 6 minutes or until desired degree of doneness, maintaining a constant temperature of 15
- Sprinkle with 1/4 cup basil, parsley, black pepper, and olives.
- Drizzle each serving with 3/4 teaspoon oil.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:1.67, Inflammation Score:-9, Nutrition Score:21.728261056154%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.12mg, Apigenin: 0.12mg,

Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg
Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 2.88mg,
Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin:
0.14mg, Myricetin: 0.14mg Quercetin: 9.89mg, Quercetin: 9.89mg, Quercetin: 9.89mg, Quercetin: 9.89mg

Nutrients (% of daily need)

Calories: 306.83kcal (15.34%), Fat: 12.46g (19.17%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 8.58g (2.86%),
Net Carbohydrates: 6.4g (2.33%), Sugar: 3.1g (3.44%), Cholesterol: 136.08mg (45.36%), Sodium: 526.7mg (22.9%),
Alcohol: 4.64g (100%), Alcohol %: 1.85% (100%), Protein: 31.55g (63.1%), Vitamin B12: 6.5µg (108.3%), Selenium:
63.03µg (90.05%), Phosphorus: 375.52mg (37.55%), Vitamin B6: 0.68mg (33.94%), Vitamin K: 30.37µg (28.92%),
Magnesium: 89.04mg (22.26%), Vitamin B3: 4.11mg (20.53%), Potassium: 672.13mg (19.2%), Manganese: 0.35mg
(17.59%), Vitamin A: 834.1IU (16.68%), Vitamin B1: 0.22mg (14.46%), Vitamin B5: 1.42mg (14.21%), Iron: 2.53mg
(14.05%), Vitamin E: 1.94mg (12.93%), Vitamin C: 10.48mg (12.71%), Fiber: 2.17g (8.7%), Folate: 34.42µg (8.6%),
Calcium: 79.79mg (7.98%), Copper: 0.15mg (7.29%), Zinc: 0.99mg (6.59%), Vitamin B2: 0.09mg (5.51%)