



Pan-Seared Sea Bass in Tomato Fennel Broth



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1093 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 carrots diced peeled
- ☐ 2 cups bottled clam juice
- ☐ 0.3 small fennel bulb shaved thin
- ☐ 1 tablespoon garlic minced
- ☐ 2 servings grapeseed oil
- ☐ 1 teaspoon fennel powder
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 small onion diced

- ☐ 0.3 cup orange juice fresh
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 12 ounce sea bass fillets with skin on
- ☐ 2 cups sun-dried tomatoes
- ☐ 3 tablespoons butter unsalted room temperature
- ☐ 0.3 cup white wine

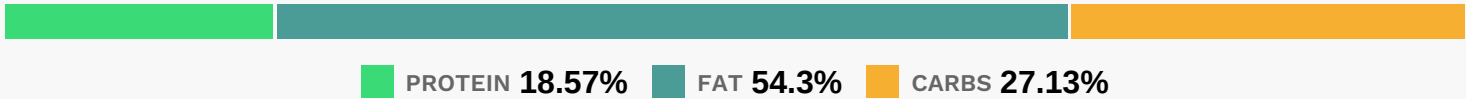
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Watch how to make this recipe.
- ☐ For the sauce: In a saucepan over medium-high heat, sweat the fennel, onions, and carrots in the olive oil. Cook until the vegetables are softened, 10 to 15 minutes. Next, deglaze with the white wine. Once the wine has reduced, add the stock and orange juice. Reduce the heat and allow the liquid to cook until it has reduced by half. Once reduced, add the tomatoes and garlic and allow the sauce to further simmer for 15 minutes. Taste and season.
- ☐ Remove saucepan from the heat, pour through a strainer, and return to the pan. Finish with the butter. Keep warm.
- ☐ For the fish: Season the skin side of the fish fillets with the ground fennel, salt, and pepper, and then season the flesh side with salt and pepper.
- ☐ In the oil in a nonstick saute pan over high heat until it reaches the smoking point. Reduce the heat and add the seasoned fish, skin side down, and cook for 2 to 3 minutes. Flip, reduce the heat, and continue to cook for 5 to 6 minutes, carefully spooning the hot oil over the fish to keep the skin crisp. Once the fillet is cooked, remove from the pan and serve with the sauce.

Nutrition Facts



Properties

Glycemic Index:165.92, Glycemic Load:18.74, Inflammation Score:-10, Nutrition Score:64.623478412628%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg

Nutrients (% of daily need)

Calories: 1093.47kcal (54.67%), Fat: 68.13g (104.81%), Saturated Fat: 17.71g (110.71%), Carbohydrates: 76.61g (25.54%), Net Carbohydrates: 60.15g (21.87%), Sugar: 48.6g (54%), Cholesterol: 181.23mg (60.41%), Sodium: 1054.9mg (45.87%), Alcohol: 3.09g (100%), Alcohol %: 0.52% (100%), Protein: 52.42g (104.84%), Manganese: 6.17mg (308.53%), Potassium: 4811.01mg (137.46%), Vitamin A: 6848.52IU (136.97%), Vitamin B12: 6.78µg (112.96%), Selenium: 71.1µg (101.57%), Copper: 1.83mg (91.37%), Vitamin B3: 17.65mg (88.26%), Phosphorus: 863.9mg (86.39%), Vitamin K: 89.03µg (84.79%), Vitamin C: 67.98mg (82.4%), Magnesium: 307.86mg (76.97%), Iron: 12.89mg (71.59%), Fiber: 16.45g (65.82%), Vitamin E: 9.32mg (62.15%), Vitamin B1: 0.83mg (55.24%), Vitamin B6: 1.08mg (53.78%), Vitamin B2: 0.72mg (42.6%), Vitamin B5: 3.89mg (38.86%), Folate: 130.58µg (32.64%), Calcium: 283.24mg (28.32%), Zinc: 3.46mg (23.06%), Vitamin D: 0.31µg (2.1%)