



WHATSheATE



Pan-Seared Striped Bass All'amatriciana



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 2 cups cherry tomatoes quartered
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon olive oil extra-virgin divided
- ☐ 0.5 cup onion chopped
- ☐ 2 ounces pancetta finely chopped
- ☐ 24 ounce striped bass fillets

☐ 0.3 plus divided

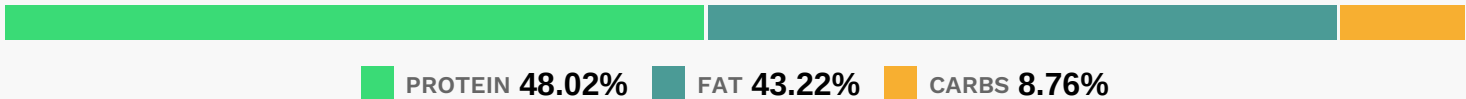
Equipment

☐ frying pan

Directions

- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle fish evenly with 1/4 teaspoon salt.
- ☐ Add fish to pan, skin side up; cook 3 minutes or until lightly browned. Turn fish over; cook 4 minutes or until desired degree of doneness.
- ☐ Remove fish from pan; keep warm.
- ☐ Return pan to medium-high heat.
- ☐ Add remaining 1 teaspoon oil and pancetta; cook 1 minute, stirring occasionally.
- ☐ Add onion, pepper, and garlic; cook 5 minutes or until pancetta is browned, stirring occasionally.
- ☐ Add tomatoes and vinegar; cook 3 minutes or until tomatoes soften, stirring frequently.
- ☐ Add remaining 1/8 teaspoon salt, stirring well.
- ☐ Serve sauce with fish.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.73, Inflammation Score:-6, Nutrition Score:19.930869646694%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 281.08kcal (14.05%), Fat: 13.21g (20.33%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 5.1g (1.85%), Sugar: 2.92g (3.24%), Cholesterol: 145.43mg (48.48%), Sodium: 246.19mg (10.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.03g (66.06%), Vitamin B12: 6.57µg (109.48%), Selenium: 65.74µg (93.91%), Phosphorus: 387.73mg (38.77%), Vitamin B6: 0.66mg (33%), Vitamin C: 19.17mg (23.23%), Vitamin B3: 4.58mg (22.92%), Magnesium: 79.25mg (19.81%), Potassium: 666.81mg (19.05%), Vitamin B1: 0.25mg (16.66%), Vitamin B5: 1.49mg (14.89%), Iron: 2.11mg (11.74%), Vitamin A: 541.77IU (10.84%), Manganese: 0.17mg (8.57%), Folate: 28.88µg (7.22%), Zinc: 1.02mg (6.77%), Vitamin E: 1.01mg (6.75%), Copper: 0.13mg (6.5%), Vitamin B2: 0.09mg (5.14%), Calcium: 43.68mg (4.37%), Vitamin K: 4.38µg (4.17%), Fiber: 0.93g (3.72%)