

# Pesce Per Due

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**2**

CALORIES



**477 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pound branzino cleaned
- 0.5 cup egg whites ( 4)
- 1 clove garlic
- 2 slices optional: lemon
- 3 parsley
- 2 sprigs rosemary
- 3 cups sea salt fine

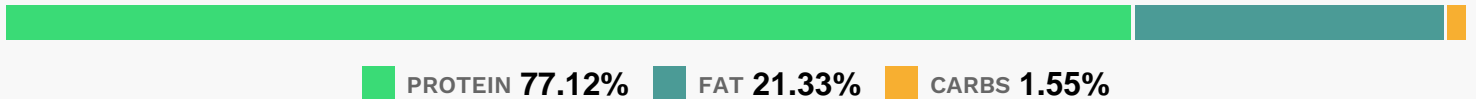
## Equipment

- bowl
- baking paper
- oven
- baking pan

## Directions

- Preheat oven to 400°F.
- In a bowl, combine the sea salt and the egg whites and mix well. The mixture should feel like wet sand.
- Rinse and pat fish dry. Stuff the cavity of the fish with the rosemary, parsley stems, garlic, and lemon slices.
- Sprinkle baking tray with sea salt. Trim a piece of parchment paper in the shape of the branzino, making the paper 1 inch larger all around than the fish.
- Place the fish on the parchment-lined tray and cover with the salt mixture, packing down tightly.
- Place the tray in the oven and cook for 17 to 19 minutes. (When done, the salt should be golden brown around the edges.)

## Nutrition Facts



## Properties

Glycemic Index:78.75, Glycemic Load:0.29, Inflammation Score:-8, Nutrition Score:32.473043448251%

## Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 476.71kcal (23.84%), Fat: 10.73g (16.5%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.63g (0.7%), Cholesterol: 362.87mg (120.96%), Sodium: 170175.16mg (7398.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 87.27g (174.53%), Vitamin B12: 17.38µg (289.7%), Selenium: 178.4µg (254.85%), Phosphorus: 911.58mg (91.16%), Vitamin B6: 1.39mg (69.56%), Magnesium: 194.4mg (48.6%), Vitamin B3: 9.63mg (48.14%), Potassium: 1320.2mg (37.72%), Vitamin B5: 3.55mg (35.46%), Vitamin B1: 0.46mg (30.91%), Iron: 5.49mg (30.52%), Manganese: 0.54mg (27.21%), Vitamin B2: 0.41mg (23.98%), Vitamin K: 24.63µg (23.45%), Calcium: 185.3mg (18.53%), Zinc: 2.31mg (15.41%), Copper: 0.3mg (14.79%), Folate: 46.66µg (11.66%), Vitamin A: 539.4IU (10.79%), Vitamin C: 6.23mg (7.56%), Fiber: 0.32g (1.28%)