



Prosciutto Roasted Bass with Autumn Vegetables

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups butternut squash diced peeled seeded ()
- ☐ 2 cups carrots diced peeled () (6 carrots)
- ☐ 6 sprigs rosemary fresh
- ☐ 3 cloves garlic minced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons juice of lemon freshly squeezed
- ☐ 6 servings lemon wedges for serving

- ☐ 6 servings olive oil good
- ☐ 2 cups parsnips diced peeled () (3 parsnips)
- ☐ 6 slices prosciutto di parma thin
- ☐ 48 ounce fish fillets such as striped bass skinless
- ☐ 0.3 pound butter unsalted (1 stick)
- ☐ 2 cups yukon gold potatoes diced peeled () (2 medium)

Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

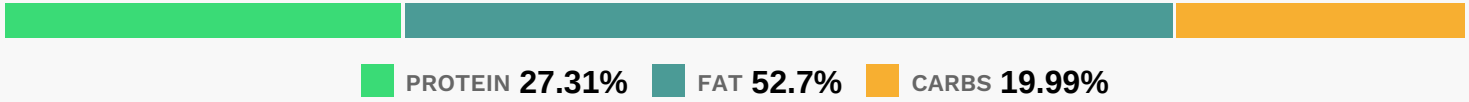
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees.
- ☐ For the vegetables, place the butternut squash, potatoes, parsnips, and carrots on a sheet pan and drizzle with 1/3 cup olive oil.
- ☐ Sprinkle with 1 tablespoon salt and 1 teaspoon pepper and toss together.
- ☐ Spread out in a single layer and roast for 30 minutes, turning once during cooking. After 30 minutes, toss with the garlic and roast for another 10 minutes, until all the vegetables are tender and starting to brown.
- ☐ Meanwhile, line another sheet pan with aluminum foil, and place a baking rack on top of the foil.
- ☐ Brush the fish fillets on both sides with olive oil and season them liberally with salt and pepper. Wrap each fillet with a slice of prosciutto to form a wide band around the center of the fillet, overlapping the ends on the skin side. Arrange the fillets on the rack with the prosciutto seam side down and roast for 10 to 15 minutes, until barely cooked.
- ☐ While the vegetables and fish are roasting, melt the butter over medium heat in a medium-size saute pan.
- ☐ Add the rosemary sprigs and cook over low heat until the rosemary leaves are crisp and the butter begins to brown, about 5 minutes. Discard the rosemary, stir in the lemon juice, and set

aside.

- ☐ To serve, place the fish on a platter or individual plates, spoon the rosemary butter on top, and surround with the vegetables.
- ☐ Garnish with lemon wedges and serve hot.

Nutrition Facts



Properties

Glycemic Index:45.01, Glycemic Load:14.63, Inflammation Score:-10, Nutrition Score:35.897391422935%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 649.65kcal (32.48%), Fat: 38.18g (58.74%), Saturated Fat: 13.93g (87.06%), Carbohydrates: 32.6g (10.87%), Net Carbohydrates: 26.44g (9.62%), Sugar: 6.03g (6.7%), Cholesterol: 227.35mg (75.78%), Sodium: 252.68mg (10.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.52g (89.03%), Vitamin A: 12773.79IU (255.48%), Vitamin B12: 8.74µg (145.6%), Selenium: 86.12µg (123.03%), Phosphorus: 575.15mg (57.52%), Vitamin B6: 1.13mg (56.45%), Vitamin C: 39.31mg (47.65%), Potassium: 1417.29mg (40.49%), Magnesium: 145.21mg (36.3%), Vitamin B3: 7.23mg (36.17%), Manganese: 0.6mg (29.99%), Vitamin B1: 0.43mg (28.87%), Vitamin E: 4.13mg (27.51%), Vitamin K: 27.56µg (26.25%), Vitamin B5: 2.59mg (25.92%), Fiber: 6.16g (24.63%), Folate: 85.79µg (21.45%), Iron: 3.41mg (18.92%), Copper: 0.28mg (13.78%), Zinc: 1.71mg (11.37%), Calcium: 105.18mg (10.52%), Vitamin B2: 0.17mg (9.75%), Vitamin D: 0.32µg (2.1%)