



HEALTH SCORE

66%

Roasted Black Sea Bass with Tomato and Olive Salad



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**292 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 0.5 pound cherry tomatoes mixed quartered (preferably colors)
- ☐ 1 garlic clove
- ☐ 0.5 pound grape tomatoes mixed halved (preferably colors)
- ☐ 12 kalamata olives pitted coarsely chopped
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 1.5 tablespoons oregano chopped

- ☐ 6 sprigs oregano (3-to 4-inch)
- ☐ 0.5 medium onion red thinly sliced
- ☐ 2 tablespoons red-wine vinegar
- ☐ 24 ounce sea bass fillets black with skin, any pin bones removed
- ☐ 4 sun-dried tomatoes packed in oil, chopped

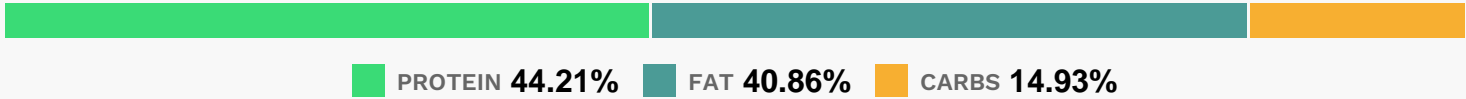
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ kitchen twine

Directions

- ☐ Mince and mash garlic to a paste with 1/2 teaspoon salt.
- ☐ Transfer to a bowl and whisk in anchovy paste, vinegar, and 1/4 teaspoon pepper.
- ☐ Whisk in oil. Toss with remaining salad ingredients.
- ☐ Let stand, stirring occasionally, while fish roasts.
- ☐ Preheat oven to 425°F with rack in middle. Oil a 1 1/2-to 2-quart gratin or other shallow baking dish.
- ☐ Rub flesh sides of fish with 2 teaspoons oil (total) and season with 3/4 teaspoon salt and 1/4 teaspoon pepper (total). Divide onion slices and oregano sprigs into 2 portions and sandwich each portion between 2 fillets, skin sides out. Tie with kitchen string crosswise at 2-inch intervals and transfer to baking dish. Score skin on top in several places with a sharp knife and drizzle with remaining 4 teaspoons oil.
- ☐ Roast fish until just cooked through, about 15 minutes.
- ☐ Cut off string and cut sandwiched fillets in half crosswise.
- ☐ Serve topped with salad.
- ☐ Salad can be made 6 hours ahead and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:25.640869465859%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 292.38kcal (14.62%), Fat: 13.33g (20.51%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 6.93g (2.52%), Sugar: 4.51g (5.01%), Cholesterol: 136.72mg (45.57%), Sodium: 345.94mg (15.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.46g (64.92%), Vitamin B12: 6.5µg (108.41%), Selenium: 63.49µg (90.7%), Vitamin K: 41.78µg (39.79%), Phosphorus: 388.72mg (38.87%), Vitamin B6: 0.69mg (34.45%), Vitamin C: 22.88mg (27.73%), Magnesium: 100.12mg (25.03%), Potassium: 858.65mg (24.53%), Vitamin B3: 4.82mg (24.08%), Manganese: 0.46mg (23.22%), Iron: 4.15mg (23.06%), Vitamin A: 1050.85IU (21.02%), Vitamin E: 3.01mg (20.05%), Fiber: 4.04g (16.16%), Vitamin B1: 0.24mg (16.11%), Vitamin B5: 1.52mg (15.17%), Calcium: 130.5mg (13.05%), Folate: 47.19µg (11.8%), Copper: 0.21mg (10.66%), Zinc: 1.08mg (7.23%), Vitamin B2: 0.12mg (6.94%)