



Roasted Branzino with Lemons



Gluten Free



Dairy Free

READY IN



57 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound branzino whole red cleaned or striped bass or snapper
- ☐ 0.3 cup fennel fronds roughly chopped
- ☐ 1 medium bulb fennel thinly sliced
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 lemon zest
- ☐ 2 lemons thinly sliced

- ☐ 2 teaspoons olive oil
- ☐ 8 ounces pancetta diced
- ☐ 0.5 cup white wine

Equipment

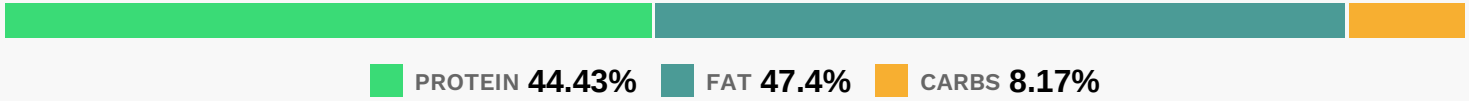
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Put an oven rack in the lower 1/3 of the oven. Preheat the oven to 400 degrees F.
- ☐ In a small skillet, heat the oil over medium-high heat.
- ☐ Add the pancetta and cook, stirring occasionally, until brown and crispy, about 8 to 10 minutes.
- ☐ Drain on paper towels. Set aside.
- ☐ Lay a piece of heavy-duty foil on a baking sheet. Spray the foil with vegetable oil cooking spray.
- ☐ Lay the fish fillets, skin side down on the foil in a single layer and season with salt and pepper, to taste. In a small bowl, mix together the lemon zest, fennel fronds and thyme. Spoon the mixture over the fish. Arrange the lemon and fennel slices on top of the fish and sprinkle with the cooked pancetta.
- ☐ Pour the wine on top.
- ☐ Lay another piece of foil on top and crimp the edges of both pieces to form a packet. Roast until the flesh is flaky and cooked through, about 25 to 30 minutes.
- ☐ Remove the baking sheet from the oven and let sit for 5 minutes. Carefully remove the top piece of foil.

- ☐
- Put the cooked lemon slices and fennel on a platter. Carefully transfer the fish to the platter on top of the fennel and lemon slices.
- ☐
- Garnish with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:59.88, Glycemic Load:2.42, Inflammation Score:-10, Nutrition Score:35.706956811573%

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: 12.22mg, Eriodictyol: 12.22mg, Eriodictyol: 12.22mg, Eriodictyol: 12.22mg Hesperetin: 15.19mg, Hesperetin: 15.19mg, Hesperetin: 15.19mg, Hesperetin: 15.19mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 650.1kcal (32.51%), Fat: 32.81g (50.47%), Saturated Fat: 9.64g (60.25%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 8.34g (3.03%), Sugar: 4.29g (4.77%), Cholesterol: 309.58mg (103.19%), Sodium: 647.58mg (28.16%), Alcohol: 3.09g (100%), Alcohol %: 0.71% (100%), Protein: 69.19g (138.38%), Vitamin B12: 13.28µg (221.32%), Selenium: 136.29µg (194.7%), Phosphorus: 806.63mg (80.66%), Vitamin K: 74.44µg (70.9%), Vitamin B6: 1.28mg (63.95%), Vitamin C: 48.43mg (58.7%), Vitamin B3: 10.02mg (50.12%), Magnesium: 168.29mg (42.07%), Potassium: 1382.23mg (39.49%), Vitamin B1: 0.53mg (35.43%), Vitamin B5: 3.16mg (31.64%), Iron: 4.74mg (26.34%), Fiber: 4.39g (17.57%), Zinc: 2.32mg (15.46%), Manganese: 0.31mg (15.34%), Vitamin A: 761.52IU (15.23%), Folate: 59.14µg (14.79%), Calcium: 123.35mg (12.34%), Vitamin B2: 0.2mg (12.05%), Copper: 0.22mg (10.96%), Vitamin E: 1.01mg (6.71%), Vitamin D: 0.23µg (1.51%)