



Roasted Halibut with Wine-Braised Fennel



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 cup cooking wine dry white
- ☐ 3 fennel bulbs 1-inch-thick
- ☐ 0.3 cup golden raisins
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 40 servings salt and pepper black freshly ground
- ☐ 1 small shallots minced

- ☐ 1 fillet bass fillets skinless
- ☐ 0.3 cup water

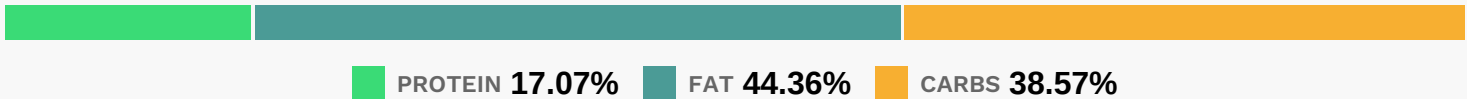
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 45
- ☐ In a large skillet, heat 2 tablespoons of the olive oil.
- ☐ Add the fennel wedges cut sides down, season with salt and black pepper and sprinkle with the crushed red pepper. Cover and cook over moderate heat until the fennel is browned, about 12 minutes, turning the wedges halfway through.
- ☐ Add 1 cup of the wine and the water, bay leaves and raisins and simmer over low heat, turning the wedges a few times, until most of the wine has evaporated and the fennel is tender, about 15 minutes. Discard the bay leaves and season the fennel with salt and black pepper.
- ☐ Meanwhile, spread the minced shallot in the shape of the fish fillet on a rimmed baking sheet and drizzle with the remaining 1 tablespoon of wine. Season the skinned side of the fillet with salt and black pepper and set it down on the minced shallot. Rub the top of the fish with the remaining 1 tablespoon of olive oil and season with salt and black pepper. Roast the halibut on the top shelf of the oven for about 12 minutes, until it is barely opaque in the center.
- ☐ Transfer the halibut, with its cooking juices, to a platter, spoon the braised fennel alongside and serve.

Nutrition Facts



Properties

Glycemic Index:4.47, Glycemic Load:0.78, Inflammation Score:-1, Nutrition Score:1.8608695618484%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 27.25kcal (1.36%), Fat: 1.19g (1.84%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 1.71g (0.62%), Sugar: 1.33g (1.48%), Cholesterol: 3.4mg (1.13%), Sodium: 12.86mg (0.56%), Alcohol: 0.62g (100%), Alcohol %: 2.45% (100%), Protein: 1.03g (2.07%), Vitamin K: 11.89µg (11.32%), Manganese: 0.06mg (2.96%), Potassium: 98.25mg (2.81%), Vitamin B12: 0.16µg (2.71%), Vitamin C: 2.19mg (2.65%), Fiber: 0.63g (2.53%), Selenium: 1.7µg (2.43%), Phosphorus: 19.89mg (1.99%), Vitamin E: 0.26mg (1.73%), Magnesium: 5.94mg (1.49%), Vitamin B6: 0.03mg (1.49%), Folate: 5.45µg (1.36%), Iron: 0.22mg (1.24%), Calcium: 11.07mg (1.11%), Vitamin B3: 0.22mg (1.11%)