



Roasted Striped Bass

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 28 ounce canned tomatoes diced drained canned
- 0.5 cup cooking wine dry white
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 tablespoon garlic chopped
- 1 teaspoon kosher salt
- 24 mussels cleaned
- 2 tablespoons olive oil good

- 2 ounces pancetta diced
- 0.3 cup pernod
- 1 teaspoon saffron threads
- 1 pound shrimp shelled deveined
- 2 pound striped bass fillet skinless
- 1 cup onions yellow chopped

Equipment

- frying pan
- oven
- baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Heat the oil in a medium saute pan and saute the onion and pancetta over medium-low heat for 10 minutes, or until the onion is translucent.
- Add the garlic and cook for 1 more minute.
- Add the tomatoes, saffron, salt, pepper, white wine, and Pernod, if using, and simmer over medium heat for 5 minutes.
- Meanwhile, lay the fish in a 10-by-14-inch baking dish and sprinkle with salt and pepper.
- Add the shrimp and mussels to the dish.
- Pour the sauce over the seafood and bake uncovered for 20 to 30 minutes, until the fish and shrimp are cooked through and the mussels are open.
- Sprinkle with parsley and serve.

Nutrition Facts

 PROTEIN 52.51%  FAT 32.04%  CARBS 15.45%

Properties

Glycemic Index:49, Glycemic Load:4.1, Inflammation Score:-8, Nutrition Score:31.329565214074%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 418.29kcal (20.91%), Fat: 13.48g (20.73%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 11.54g (4.2%), Sugar: 7.17g (7.97%), Cholesterol: 258.05mg (86.02%), Sodium: 915.7mg (39.81%), Alcohol: 5.85g (100%), Alcohol %: 1.59% (100%), Protein: 49.7g (99.4%), Vitamin B12: 9.74µg (162.33%), Selenium: 72.86µg (104.08%), Manganese: 1.51mg (75.58%), Phosphorus: 596.25mg (59.62%), Vitamin B6: 0.75mg (37.7%), Potassium: 1166.13mg (33.32%), Magnesium: 131.64mg (32.91%), Copper: 0.64mg (32.05%), Vitamin K: 32.2µg (30.67%), Vitamin B3: 5.78mg (28.88%), Iron: 4.98mg (27.65%), Vitamin B1: 0.35mg (23.11%), Vitamin C: 18.96mg (22.98%), Zinc: 2.71mg (18.1%), Vitamin B5: 1.77mg (17.75%), Vitamin E: 2.56mg (17.09%), Calcium: 138.23mg (13.82%), Folate: 51.89µg (12.97%), Fiber: 3.08g (12.33%), Vitamin B2: 0.2mg (12%), Vitamin A: 590.21IU (11.8%)