



## Roasted Striped Bass with Chive and Sour Cream Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups garlic chive sprouts
- ☐ 0.5 cup chives fresh finely chopped
- ☐ 6 servings accompaniment: spicy garlic potatoes and zucchini
- ☐ 1 optional: lemon cut into 6 wedges
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup cup heavy whipping cream sour

- ☐ 30 oz striped bass fillet with skin
- ☐ 1.5 tablespoons vegetable oil
- ☐ 2 tablespoons water

## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan

## Directions

- ☐ Blend sour cream, water, juice, salt, and chives in a blender until mixture just turns pale green. Season with pepper.
- ☐ Preheat oven to 450°F.
- ☐ Remove any pin bones from fish with tweezers or needle-nose pliers and pat fish dry with paper towels. Score skin in several places with a thin sharp knife to prevent fish from curling (do not cut through flesh) and season fish with salt and pepper.
- ☐ Heat oil in a 12-inch nonstick skillet over high heat until hot but not smoking, then sear fish, skin sides down, in 2 batches until skin is golden brown and crisp, 3 to 4 minutes (fish will not be fully cooked).
- ☐ Transfer, skin sides up, to an oiled shallow baking pan.
- ☐ Roast fish, uncovered, in middle of oven until just cooked through, 7 to 8 minutes.
- ☐ Spoon 3 tablespoons sauce onto each of 6 plates and top with potatoes and zucchini. Squeeze a lemon wedge over each fillet, then place fish, skin sides up, over vegetables. Top fish with sprouts.
- ☐ \*Available at farmers markets.
- ☐ Sauce can be made 1 day ahead and chilled, covered.

## Nutrition Facts



 **PROTEIN 45.88%**  **FAT 45.85%**  **CARBS 8.27%**

Properties

Glycemic Index:24.25, Glycemic Load:0.72, Inflammation Score:-7, Nutrition Score:19.0404349721%

Flavonoids

Eriodictyol: 4.01mg, Eriodictyol: 4.01mg, Eriodictyol: 4.01mg, Eriodictyol: 4.01mg Hesperetin: 5.5mg, Hesperetin: 5.5mg, Hesperetin: 5.5mg, Hesperetin: 5.5mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 233.57kcal (11.68%), Fat: 11.86g (18.24%), Saturated Fat: 3.85g (24.09%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 3.82g (1.39%), Sugar: 1.74g (1.94%), Cholesterol: 128.48mg (42.83%), Sodium: 204.28mg (8.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.7g (53.4%), Vitamin B12: 5.47µg (91.14%), Selenium: 53.33µg (76.19%), Vitamin K: 42.19µg (40.18%), Phosphorus: 317.49mg (31.75%), Vitamin C: 21.68mg (26.28%), Vitamin B6: 0.51mg (25.59%), Vitamin A: 1016.71IU (20.33%), Magnesium: 68.7mg (17.17%), Vitamin B3: 3.15mg (15.75%), Potassium: 484.48mg (13.84%), Vitamin B5: 1.26mg (12.59%), Vitamin B1: 0.17mg (11.59%), Iron: 1.64mg (9.1%), Folate: 34.53µg (8.63%), Calcium: 72.93mg (7.29%), Manganese: 0.14mg (7.12%), Vitamin B2: 0.11mg (6.59%), Zinc: 0.79mg (5.28%), Copper: 0.09mg (4.59%), Fiber: 0.99g (3.97%), Vitamin E: 0.44mg (2.96%)