



Roasted Striped Bass with Fennel, Tomatoes, and Oil-Cured Olives

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup all purpose flour ()
- ☐ 1 pound cherry tomatoes halved
- ☐ 2 cups cooking wine dry white
- ☐ 2 large fennel bulbs fresh with fronds attached, trimmed; bulbs quartered lengthwise, then thinly sliced; fronds chopped and reserved for garnish
- ☐ 6 large garlic cloves divided crushed peeled
- ☐ 0.5 cup oil-cured olives black pitted halved
- ☐ 1 cup olive oil extra-virgin ()

- ☐ 0.8 cup parsley fresh italian divided chopped
- ☐ 3 cups onion red halved lengthwise thinly sliced
- ☐ 3.8 pound bass fillets whole cleaned

Equipment

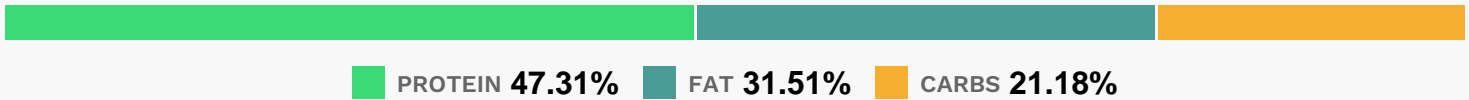
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Position rack in center of oven and preheat to 400°F. Boil wine in medium saucepan until reduced to 1 cup, about 5 minutes.
- ☐ Remove from heat and reserve.
- ☐ Generously brush 18x12x1-inch baking sheet with olive oil. Arrange fennel slices in single layer on prepared baking sheet. Top with onion slices in single layer.
- ☐ Sprinkle with salt and freshly ground black pepper.
- ☐ Drizzle 4 tablespoons oil over vegetables.
- ☐ Rinse fish inside and out; pat dry with paper towels.
- ☐ Sprinkle fish inside and out with salt and freshly ground black pepper. Lightly dust outside of fish with flour.
- ☐ Pour enough olive oil into extra-large skillet to reach depth of 1/4 inch; heat over medium-high heat until oil is very hot. Working with 1 fish at a time, add fish to skillet and fry until golden crust forms on skin, about 3 minutes per side. Carefully place fish atop vegetables on baking sheet. Gently stuff cavity of each fish with 2 crushed garlic cloves, then 1/4 cup chopped parsley.
- ☐ Pour reserved wine over vegetables on baking sheet.
- ☐ Roast fish uncovered until vegetables begin to soften, 35 to 40 minutes. Scatter tomato halves and olives around fish; bake until fish is just cooked through, about 15 minutes longer.
- ☐ Transfer fish to large platter; cover with foil to keep warm. Increase oven temperature to 475°F. Continue to bake vegetables uncovered until tender and tomatoes are very soft and

- beginning to color in spots, about 15minutes longer.
- ☐ Arrange vegetable mixture aroundfish on platter.
 - ☐ Drizzle with 2 tablespoonsoil.
 - ☐ Sprinkle chopped fennel fronds overfish and serve.
 - ☐ An Italian Primitivo (a redvarietal similar to Zinfandel) would be great withthe fish and the pasta. Donatella prefers Primitivodi Manduria, a fruity, spicy style of red producedin Manduria, which is a city (as well as an area) insouthern Puglia. She suggests the 2007 Feudi di SanGregorio “Ognissole” Primitivo di Manduria (Italy,\$18), a balanced wine with aromas of cherries andstrawberries and a spicy finish. If you can't findthat specific bottle, look for the 2007 Vinosia Salento
 - ☐ Primitivo (Italy, \$10), a juicy, fragrant red winewith honey notes.
 - ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:6.66, Inflammation Score:-9, Nutrition Score:36.603043639142%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 17.05mg, Quercetin: 17.05mg, Quercetin: 17.05mg, Quercetin: 17.05mg

Nutrients (% of daily need)

Calories: 516.47kcal (25.82%), Fat: 15.97g (24.57%), Saturated Fat: 2.8g (17.47%), Carbohydrates: 24.15g (8.05%), Net Carbohydrates: 19.02g (6.92%), Sugar: 9.28g (10.31%), Cholesterol: 226.8mg (75.6%), Sodium: 432.15mg (18.79%), Alcohol: 8.24g (100%), Alcohol %: 1.58% (100%), Protein: 53.95g (107.91%), Vitamin B12: 10.83µg (180.49%), Vitamin K: 179.3µg (170.76%), Selenium: 107.18µg (153.11%), Phosphorus: 674.1mg (67.41%), Vitamin B6: 1.13mg (56.63%), Vitamin C: 43.43mg (52.64%), Potassium: 1451.02mg (41.46%), Magnesium: 156.35mg (39.09%), Vitamin

B3: 7.49mg (37.44%), Manganese: 0.57mg (28.27%), Vitamin A: 1407.23IU (28.14%), Vitamin B1: 0.41mg (27.67%), Iron: 4.7mg (26.12%), Vitamin B5: 2.61mg (26.12%), Folate: 93.76µg (23.44%), Fiber: 5.13g (20.52%), Vitamin E: 2.42mg (16.13%), Calcium: 137.14mg (13.71%), Copper: 0.27mg (13.58%), Zinc: 1.78mg (11.89%), Vitamin B2: 0.2mg (11.61%)