

food
network



HEALTH SCORE

65%

Roasted Striped Bass with Red Pepper-Spanish Paprika Sauce with Batter Fried Potatoes



Very Healthy

READY IN



35 min.

SERVINGS



8

CALORIES



1389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup beer
- ☐ 8 servings beer batter recipe above
- ☐ 1 tablespoon butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 2 tablespoons thyme leaves fresh

- ☐ 1 tablespoons honey
- ☐ 0.3 cup milk
- ☐ 10 medium new potatoes cooked sliced
- ☐ 0.3 cup olive oil
- ☐ 0.8 cup olive oil
- ☐ 3 tablespoons paprika spanish
- ☐ 4 cups vegetable oil; peanut oil preferred
- ☐ 8 servings pepper-spanish paprika sauce red recipe above
- ☐ 3 bell peppers red peeled seeded coarsely chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 8 servings salt and pepper
- ☐ 8 servings salt and pepper freshly ground
- ☐ 0.5 cup the flour seasoned
- ☐ 8 bass fillets

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ roasting pan

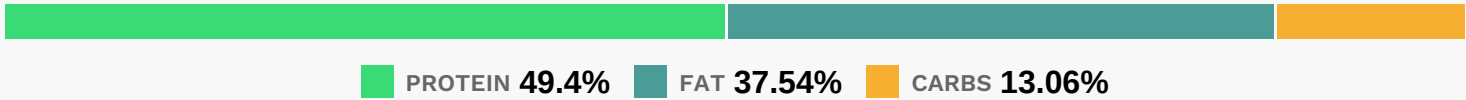
Directions

- ☐ Toast the paprika in a small skillet over medium heat until the aroma emerges and the color deepens, about 2 minutes.
- ☐ Remove from the heat. In a blender, combine the paprika with the vinegar, honey, and red peppers and blend well. Slowly add the oil and blend until emulsified. Season with salt and

pepper.

- ☐ For the Bass: Preheat the oven to 400 degrees F. Make 4 diagonal cuts on each side of each fish, reaching all the way down to the bone. Season to taste with salt and pepper.
- ☐ Place a large roasting pan on a burner over high heat. When pan is hot add oil.
- ☐ Heat oil to almost smoking.
- ☐ Place the fish in the roasting pan and sear until golden brown, about 1 to 2 minutes per side. When fish is seared, place the roasting pan into the oven and roast for 12 to 14 minutes, depending on the size of the fish. Arrange the fish on a large serving platter with batter fried potatoes and drizzle with sauce.
- ☐ For the Batter Fried Potatoes: In a mixing bowl, combine the beer, egg, milk, flour, and melted butter and mix well.
- ☐ Add salt and pepper to taste.
- ☐ Add the thyme to the beer batter.
- ☐ Place the batter and the seasoned flour in 2 separate bowls. Season the potato slices with salt and pepper to taste. In a saute pan over medium heat, heat the oil to 375 degrees F or until a drop of batter sizzles on contact. Dredge the potato slices in the flour, dip them in the batter, and fry in batches until golden brown on both sides, about 2 minutes.
- ☐ Drain on paper towels and season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:61.13, Glycemic Load:22.02, Inflammation Score:-10, Nutrition Score:55.382609020109%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 1389.2kcal (69.46%), Fat: 56.06g (86.24%), Saturated Fat: 11.03g (68.91%), Carbohydrates: 43.89g (14.63%), Net Carbohydrates: 40.57g (14.75%), Sugar: 5.17g (5.74%), Cholesterol: 747.93mg (249.31%), Sodium: 1724.43mg (74.98%), Alcohol: 0.9g (100%), Alcohol %: 0.09% (100%), Protein: 166g (332%), Vitamin B12: 34.48µg (574.74%), Selenium: 337.62µg (482.32%), Phosphorus: 1881.81mg (188.18%), Vitamin B6: 3.09mg (154.4%), Vitamin B3: 21.43mg (107.15%), Magnesium: 392.42mg (98.11%), Vitamin C: 78.3mg (94.91%), Iron: 14.78mg (82.12%), Potassium: 2763.11mg (78.95%), Vitamin B1: 1.14mg (76.28%), Vitamin B5: 7.34mg (73.4%), Vitamin A: 2490.94IU (49.82%), Vitamin E: 5.84mg (38.9%), Folate: 155.3µg (38.82%), Vitamin B2: 0.48mg (28.5%), Zinc: 4.22mg (28.12%), Manganese: 0.47mg (23.49%), Copper: 0.41mg (20.42%), Calcium: 171.97mg (17.2%), Fiber: 3.33g (13.31%), Vitamin K: 10.57µg (10.06%), Vitamin D: 0.21µg (1.39%)