



Roasted Striped Bass with Warm Lentil Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup brown lentils green french rinsed
- ☐ 4 servings caramelized onions
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings lemon wedges
- ☐ 2 tablespoons parsley chopped
- ☐ 4 servings bell pepper
- ☐ 0.5 cup roasted peppers red canned peeled cut into strips

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sherry vinegar
- ☐ 24 oz boned white

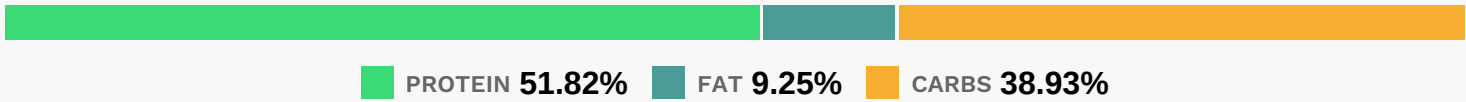
Equipment

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

Directions

- ☐ In a 4- to 5-quart pan over high heat, bring lentils and 1 quart water to a boil. Reduce heat and simmer until lentils are tender to bite, 25 to 30 minutes.
- ☐ Drain and return to pan. Stir in caramelized onions, peppers, vinegar, parsley, cumin, 1/2 teaspoon salt, and cayenne.
- ☐ Meanwhile, rinse fish and pat dry.
- ☐ Sprinkle lightly all over with salt and pepper. Arrange pieces slightly apart in a foil-lined 12- by 15-inch baking pan.
- ☐ Bake in a 400 regular or convection oven until opaque but still moist-looking in the center of the thickest part (cut to test), about 6 minutes.
- ☐ Mound lentil salad equally on four dinner plates. Using a wide spatula, top each mound with a piece of fish.
- ☐ Serve with lemon wedges to squeeze over fish.

Nutrition Facts



Properties

Glycemic Index:44.53, Glycemic Load:4.79, Inflammation Score:-10, Nutrition Score:40.472608835801%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 365.74kcal (18.29%), Fat: 3.79g (5.83%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 35.85g (11.95%), Net Carbohydrates: 19.02g (6.92%), Sugar: 4.8g (5.33%), Cholesterol: 85.05mg (28.35%), Sodium: 627.67mg (27.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.72g (95.43%), Vitamin C: 110.08mg (133.43%), Selenium: 75.32µg (107.6%), Folate: 313.97µg (78.49%), Fiber: 16.82g (67.29%), Phosphorus: 536.7mg (53.67%), Vitamin A: 2666.5IU (53.33%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 8.78mg (43.91%), Manganese: 0.85mg (42.62%), Vitamin B6: 0.81mg (40.37%), Vitamin K: 41.41µg (39.43%), Vitamin B1: 0.54mg (36.29%), Vitamin D: 5.27µg (35.15%), Potassium: 1200.63mg (34.3%), Iron: 5.42mg (30.12%), Magnesium: 119.49mg (29.87%), Vitamin B5: 2.13mg (21.27%), Copper: 0.43mg (21.26%), Zinc: 3.14mg (20.93%), Vitamin B2: 0.29mg (16.78%), Vitamin E: 2.16mg (14.39%), Calcium: 66.12mg (6.61%)