



 **72%**
HEALTH SCORE

Salt and Herb Roasted Whole Fish

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 egg whites
- 4 bay leaves fresh snipped
- 3 cloves garlic smashed
- 8 cups kosher salt
- 2 lemon zest juiced sliced into thin rounds
- 2 servings high-quality olive oil for finishing
- 1 bunch thyme leaves fresh whole
- 2 pound fish fillet whole such as branzino or orate, fins and gills removed

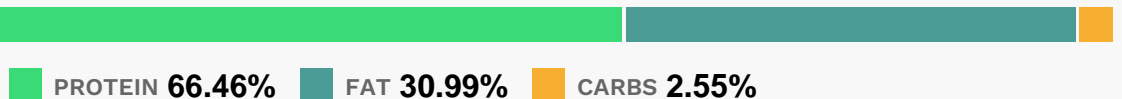
Equipment

- food processor
- bowl
- baking sheet
- oven

Directions

- Preheat the oven to 450 degrees F.
- In a food processor, combine the lemon zest and juice, the picked thyme, bay leaves and garlic and pulse until it becomes a coarse paste.
- Add the egg whites and puree until very frothy and foamy.
- In a large bowl combine the herb-egg white mixture with the salt and mix until it becomes a moist paste.
- Place half of the lemon slices and whole thyme in the cavity of each of the fish. On a baking sheet, place a little less than half of the salt mixture in two rows.
- Lay the fish on top of each row. Pack the remaining salt mixture around the fish to completely encase them, pressing the mixture firmly on the fish to create a crust.
- Roast the fish for 25 minutes.
- Remove and let rest for 10 minutes.
- Crack open the salt crust and brush the excess salt from the fish.
- Remove the top fillet, pull the spine out and remove the bottom fillet.
- Drizzle with olive oil and serve.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:0.51, Inflammation Score:-10, Nutrition Score:42.633912739546%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 641.58kcal (32.08%), Fat: 22.03g (33.89%), Saturated Fat: 4.61g (28.79%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 3.01g (1.09%), Sugar: 1.25g (1.39%), Cholesterol: 226.8mg (75.6%), Sodium: 453155.06mg (19702.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 106.3g (212.6%), Selenium: 218.46µg (312.08%), Vitamin B12: 7.29µg (121.47%), Vitamin D: 14.06µg (93.74%), Vitamin B3: 17.94mg (89.71%), Phosphorus: 801.31mg (80.13%), Manganese: 1.48mg (73.83%), Vitamin B2: 0.9mg (52.85%), Potassium: 1724.36mg (49.27%), Vitamin B6: 0.82mg (40.91%), Iron: 7.14mg (39.67%), Magnesium: 154.46mg (38.62%), Copper: 0.75mg (37.63%), Calcium: 361.22mg (36.12%), Folate: 116.44µg (29.11%), Vitamin E: 3.85mg (25.66%), Vitamin B5: 2.52mg (25.2%), Zinc: 2.82mg (18.77%), Vitamin C: 12.44mg (15.08%), Vitamin K: 14.85µg (14.15%), Vitamin B1: 0.2mg (13.66%), Fiber: 1.06g (4.25%), Vitamin A: 110.79IU (2.22%)