



Salt-crusted Sea Bass with Rosemary and Lemon



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 sprigs rosemary fresh
- ☐ 2 pounds kosher salt
- ☐ 1 optional: lemon sliced
- ☐ 2 servings garnish: lemon wedges extra-virgin
- ☐ 2 pound sea bass whole cleaned
- ☐ 1 cup water

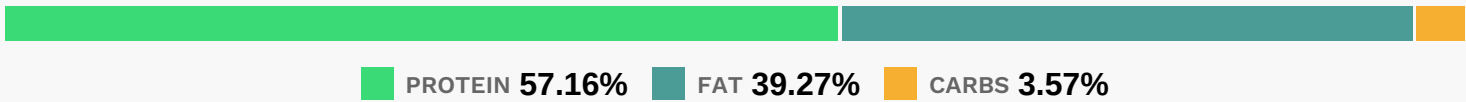
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Combine salt and water in a large bowl.
- ☐ Spread half of the salt mixture into a large rectangular shape on a jellyroll pan.
- ☐ Place whole fish on top of salt; insert rosemary sprigs and lemon slices into cavity of fish. Pat remaining salt mixture over fish to cover completely.
- ☐ Bake at 450 for 30 minutes.
- ☐ Tap edge of salt with a knife to loosen; lift salt off fish.
- ☐ Serve with lemon wedges and drizzle with extra-virgin olive oil, if desired.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.9, Inflammation Score:-8, Nutrition Score:33.088261189668%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 579.6kcal (28.98%), Fat: 24.74g (38.06%), Saturated Fat: 4.26g (26.61%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 3.53g (1.28%), Sugar: 1.35g (1.5%), Cholesterol: 362.87mg (120.96%), Sodium: 176123.63mg (7657.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 81.02g (162.04%), Vitamin B12: 17.33µg (288.79%), Selenium: 166.23µg (237.47%), Phosphorus: 906.85mg (90.69%), Vitamin B6: 1.4mg (70.22%), Magnesium: 191.61mg (47.9%), Vitamin B3: 9.58mg (47.9%), Potassium: 1273.15mg (36.38%), Vitamin B5: 3.51mg (35.06%), Vitamin C:

28.65mg (34.73%), Iron: 5.72mg (31.77%), Vitamin B1: 0.48mg (31.68%), Manganese: 0.54mg (26.96%), Calcium: 195.11mg (19.51%), Copper: 0.32mg (15.8%), Zinc: 2.31mg (15.42%), Vitamin E: 2.1mg (13.98%), Folate: 46.93µg (11.73%), Vitamin B2: 0.15mg (8.65%), Vitamin A: 424.5IU (8.49%), Vitamin K: 8.43µg (8.03%), Fiber: 1.53g (6.13%)