



## Sautéed Striped Bass with Lemon-Caper Sauce

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons capers drained chopped
- ☐ 0.5 cup bottled clam juice
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt

- ☐ 24 ounce striped bass fillets
- ☐ 2 tablespoons butter unsalted

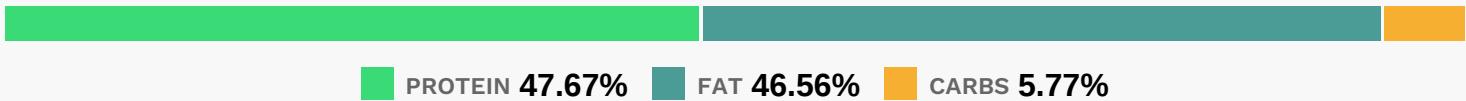
## Equipment

- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Heat a large stainless steel skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle fillets with salt and pepper.
- ☐ Add fillets to pan, skin side up; saut 4 minutes or until lightly browned. Turn fillets over; saut 4 minutes or until desired degree of doneness.
- ☐ Remove from pan; keep warm.
- ☐ Add capers to pan; cook 15 seconds, stirring frequently.
- ☐ Add clam juice and lemon juice; bring to a boil, scraping pan to loosen browned bits. Cook until reduced to 1/4 cup (about 3 minutes).
- ☐ Remove pan from heat.
- ☐ Add butter; stir with a whisk until butter melts. Stir in parsley.
- ☐ Serve sauce with fish.
- ☐ Wine note: Bursting with fruit and minerality, the classic Domaine A et P de Villaine "Bouzeron" 2007 (\$23), from a small French town in the Cte Chalonnaise, is an ideal companion to this refreshingly simple wild striped bass. --Alexander Spacher

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:17.207391326842%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

**Nutrients (% of daily need)**

Calories: 262.05kcal (13.1%), Fat: 13.23g (20.35%), Saturated Fat: 4.95g (30.93%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 3.47g (1.26%), Sugar: 1.09g (1.21%), Cholesterol: 151.13mg (50.38%), Sodium: 544.26mg (23.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.47g (60.95%), Vitamin B12: 6.52µg (108.64%), Selenium: 62.3µg (89%), Phosphorus: 342.9mg (34.29%), Vitamin B6: 0.53mg (26.59%), Vitamin K: 19.45µg (18.52%), Vitamin B3: 3.67mg (18.34%), Magnesium: 70.93mg (17.73%), Potassium: 475.01mg (13.57%), Vitamin B5: 1.32mg (13.19%), Vitamin B1: 0.18mg (11.92%), Vitamin A: 458.61IU (9.17%), Iron: 1.59mg (8.84%), Vitamin C: 4.3mg (5.22%), Folate: 20.41µg (5.1%), Zinc: 0.73mg (4.86%), Vitamin E: 0.72mg (4.81%), Vitamin B2: 0.06mg (3.54%), Copper: 0.07mg (3.51%), Calcium: 32.33mg (3.23%), Manganese: 0.05mg (2.74%)