



HEALTH SCORE

71%

Sautéed Striped Bass with Summer Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup julienne-cut carrot (2 x)
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.8 cup julienne-cut fennel stalks
- ☐ 0.3 cup basil fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon olive oil divided

- ☐ 1 cup onion red vertically sliced
- ☐ 0.5 teaspoon salt divided
- ☐ 1 cup julienne-cut squash yellow (2 x)
- ☐ 24 ounce striped bass fillets
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 cup julienne-cut zucchini (2 x)

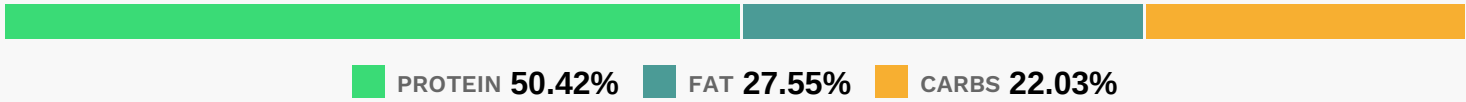
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Sprinkle fish with 1/4 teaspoon salt and black pepper.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add fish; cook 3 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove from skillet; keep warm.
- ☐ Combine 1/4 teaspoon salt, 2 teaspoons oil, squash, and next 8 ingredients (squash through garlic), and toss well. Wipe skillet with paper towels; recoat with cooking spray.
- ☐ Add vegetable mixture, and saute 4 minutes or until crisp-tender.
- ☐ Serve fish over vegetables; garnish with basil, if desired.

Nutrition Facts



Properties

Glycemic Index:66.46, Glycemic Load:2.48, Inflammation Score:-10, Nutrition Score:27.05869577242%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg

Nutrients (% of daily need)

Calories: 256.2kcal (12.81%), Fat: 7.78g (11.97%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 10.76g (3.91%), Sugar: 5.43g (6.03%), Cholesterol: 136.08mg (45.36%), Sodium: 445mg (19.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.04g (64.08%), Vitamin A: 9388.93IU (187.78%), Vitamin B12: 6.5µg (108.3%), Selenium: 63.01µg (90.01%), Phosphorus: 396.11mg (39.61%), Vitamin B6: 0.75mg (37.29%), Vitamin K: 27.06µg (25.78%), Potassium: 885.58mg (25.3%), Vitamin C: 20.76mg (25.16%), Magnesium: 98.3mg (24.58%), Vitamin B3: 4.63mg (23.17%), Manganese: 0.36mg (18.13%), Vitamin B1: 0.27mg (17.73%), Vitamin B5: 1.67mg (16.72%), Iron: 2.38mg (13.22%), Fiber: 3.24g (12.96%), Folate: 51.73µg (12.93%), Vitamin E: 1.38mg (9.22%), Calcium: 85.11mg (8.51%), Copper: 0.15mg (7.55%), Vitamin B2: 0.13mg (7.42%), Zinc: 1.06mg (7.06%)