

HEALTH SCORE

79%

Sea Bass alla Fiorentina

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground plus more for seasoning fish
- 14 ounce canned tomatoes crushed canned
- 2 cups flour all-purpose
- 1 tablespoon basil leaves fresh chopped
- 1 tablespoon parsley leaves fresh chopped
- 3 garlic cloves chopped
- 3 tablespoons olive oil extra-virgin
- 0.3 teaspoon salt plus more for seasoning fish

- 24 ounce c4 pieces sea bass
- 0.5 cup water

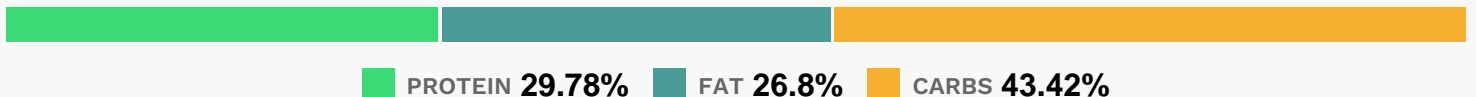
Equipment

- bowl
- frying pan
- paper towels

Directions

- Watch how to make this recipe.
- Season both sides of the fish with salt and pepper.
- Put the flour in a shallow bowl, dredge the fish, tapping off the excess flour to create a light coating.
- In a medium nonstick fry pan, heat the 3 tablespoons olive oil over medium heat. Cook the fish until golden brown, about 3 minutes per side.
- Transfer fish to a plate.
- Wipe out the pan with a paper towel and heat the remaining 3 tablespoons olive oil over medium heat.
- Add the garlic, tomatoes, water, parsley, 1/4 teaspoon salt, and 1/2 teaspoon pepper and cook at a simmer for 10 minutes.
- Add the basil and the fish and heat for 2 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:36.79, Inflammation Score:-8, Nutrition Score:30.181304102359%

Flavonoids

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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 522.34kcal (26.12%), Fat: 15.4g (23.69%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 56.12g (18.71%), Net Carbohydrates: 52.27g (19.01%), Sugar: 4.58g (5.09%), Cholesterol: 136.08mg (45.36%), Sodium: 252.37mg (10.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.48g (76.97%), Selenium: 84.22µg (120.31%), Vitamin B12: 6.5µg (108.3%), Vitamin B1: 0.74mg (49.43%), Phosphorus: 441.2mg (44.12%), Vitamin B3: 8.53mg (42.63%), Folate: 145.28µg (36.32%), Manganese: 0.73mg (36.28%), Vitamin B6: 0.72mg (36.01%), Iron: 5.93mg (32.95%), Vitamin K: 32.6µg (31.05%), Magnesium: 104.57mg (26.14%), Vitamin B2: 0.42mg (24.55%), Potassium: 816.39mg (23.33%), Vitamin E: 2.86mg (19.08%), Vitamin B5: 1.85mg (18.5%), Copper: 0.34mg (17.22%), Fiber: 3.86g (15.42%), Vitamin C: 11.26mg (13.65%), Vitamin A: 483.84IU (9.68%), Zinc: 1.44mg (9.61%), Calcium: 81.98mg (8.2%)