



WHATSheATE



HEALTH SCORE

69%

Sea Bass and Spicy Tomato Sauce Over Braised Fennel



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 14 oz canned tomatoes whole canned
- ☐ 1 cup chicken broth fat-free
- ☐ 2 large fennel bulbs with fronds (sometimes called anise; 2 lb total), fronds reserved and stalks discarded
- ☐ 2.5 teaspoons olive oil extra-virgin
- ☐ 1 large onion halved lengthwise chopped cut lengthwise into 1/4-inch-thick slices and the other half
- ☐ 0.3 teaspoon pepper flakes dried red hot

- ☐ 20 oz sea bass fillets skinless (3/)

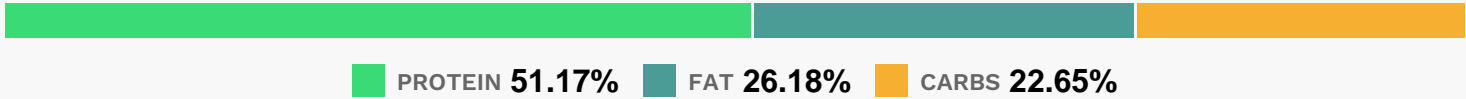
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ wax paper
- ☐ glass baking pan

Directions

- ☐ Chop enough fennel fronds, if using, to measure 2 tablespoons. Quarter fennel bulbs lengthwise, then cut lengthwise into 1/4-inch-thick slices.
- ☐ Cook fennel bulbs, sliced onion, and anchovy paste in 1 1/2 teaspoons oil in a 12-inch heavy nonstick skillet over moderate heat, stirring, until coated, about 1 minute. Season with salt and pepper, then add broth and braise, covered, stirring occasionally, until vegetables are tender, about 20 minutes.
- ☐ Remove lid and boil, stirring occasionally, until liquid is evaporated, about 10 minutes.
- ☐ Transfer fennel mixture to a 1 1/2-quart shallow gratin or other shallow 9-inch ceramic or glass baking dish.
- ☐ Preheat oven to 450°F.
- ☐ While fennel mixture is braising, cook chopped onion, red pepper flakes, and salt to taste in remaining teaspoon oil in an 8-inch nonstick skillet over moderate heat, stirring occasionally, until onion is softened, 3 to 4 minutes.
- ☐ Add tomatoes with juice and simmer, breaking up tomatoes with a spoon and stirring occasionally, until very thick, 15 to 20 minutes.
- ☐ Arrange fish fillets on top of fennel mixture and season with salt. Spoon tomato sauce over fish. Cover with a sheet of parchment paper or wax paper, then cover baking dish tightly with foil and bake in middle of oven until fish is just cooked through, 20 to 25 minutes.
- ☐ Sprinkle with fennel fronds.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.98, Inflammation Score:-7, Nutrition Score:22.622173717488%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Nutrients (% of daily need)

Calories: 215.06kcal (10.75%), Fat: 6.26g (9.63%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 7.88g (2.86%), Sugar: 6.28g (6.98%), Cholesterol: 114.04mg (38.01%), Sodium: 421.88mg (18.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.54g (55.07%), Vitamin B12: 5.53µg (92.25%), Selenium: 54.53µg (77.9%), Vitamin K: 75.35µg (71.77%), Phosphorus: 358.54mg (35.85%), Vitamin B6: 0.54mg (26.87%), Potassium: 925.57mg (26.44%), Vitamin B3: 4.25mg (21.25%), Magnesium: 81.61mg (20.4%), Vitamin C: 16.82mg (20.38%), Fiber: 4.31g (17.23%), Manganese: 0.3mg (15.11%), Vitamin B5: 1.46mg (14.57%), Folate: 52.17µg (13.04%), Iron: 2.27mg (12.63%), Vitamin B1: 0.18mg (11.7%), Calcium: 91.66mg (9.17%), Copper: 0.15mg (7.52%), Vitamin E: 1.12mg (7.46%), Vitamin A: 322.47IU (6.45%), Vitamin B2: 0.11mg (6.23%), Zinc: 0.9mg (6%)