



Sea Bass Provençale

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon capers
- 0.3 cup parsley fresh divided chopped
- 2 garlic cloves divided minced
- 0.3 cup kalamata olives pitted chopped
- 2 teaspoons juice of lemon fresh
- 1 tablespoon lemon rind grated
- 2 teaspoons olive oil

- 0.3 teaspoon salt
- 24 ounce striped bass fillets
- 1.5 cups tomatoes diced
- 0.3 cup water

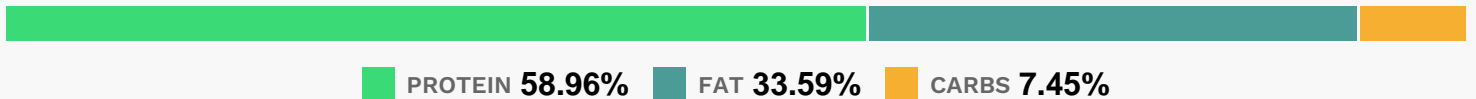
Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add 1 garlic clove; saut 30 seconds. Stir in tomato, olives, 2 tablespoons parsley, water, and capers, and bring to a boil. Cover, reduce heat to medium, and cook 5 minutes.
- Add fillets, and sprinkle with lemon juice, pepper, and salt. Cover and cook 10 minutes or until fish flakes easily when tested with a fork; remove from heat.
- Combine 1 garlic clove, 2 tablespoons parsley, and lemon rind. Spoon 2/3 cup tomato mixture onto each of 4 plates; top each portion with 1 fillet, and sprinkle with 1 tablespoon parsley mixture.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:21.814347889112%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 214.66kcal (10.73%), Fat: 7.87g (12.1%), Saturated Fat: 1.4g (8.73%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 2.47g (0.9%), Sugar: 1.71g (1.9%), Cholesterol: 136.08mg (45.36%), Sodium: 499.66mg (21.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.06g (62.13%), Vitamin B12: 6.5µg (108.3%), Selenium: 62.45µg (89.21%), Vitamin K: 68µg (64.76%), Phosphorus: 355.9mg (35.59%), Vitamin B6: 0.58mg (29.25%), Vitamin B3: 4.01mg (20.06%), Magnesium: 79.07mg (19.77%), Vitamin A: 983.12IU (19.66%), Vitamin C: 16.1mg (19.51%), Potassium: 606.87mg (17.34%), Vitamin B5: 1.36mg (13.62%), Vitamin B1: 0.2mg (13.42%), Iron: 1.96mg (10.92%), Folate: 30.95µg (7.74%), Vitamin E: 1.07mg (7.16%), Manganese: 0.14mg (6.92%), Copper: 0.12mg (6.13%), Fiber: 1.46g (5.84%), Zinc: 0.85mg (5.68%), Calcium: 48.91mg (4.89%), Vitamin B2: 0.07mg (4.26%)