



Sea Bass with Artichoke Pesto

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup basil pesto prepared
- 4 servings kosher salt and pepper black freshly ground
- 12 ounce marinated artichoke hearts
- 2 tablespoons olive oil extra-virgin
- 0.1 teaspoon pepper flakes red
- 20 ounce sea bass filets

Equipment

- food processor

- bowl
- oven
- baking pan

Directions

- Preheat the oven to 400 degrees F. Spray a baking dish with cooking spray and set aside.
- Put the sea bass filets in one layer, skin side up, into the baking dish.
- Drain the artichoke hearts, pouring the liquid over the fish.
- Let marinate while you make the pesto.
- To make the pesto, put the artichoke hearts into the bowl of a food processor.
- Add the pesto and red pepper flakes and process until chunky. Scrape down the sides of the bowl and start processing again.
- Drizzle in 1 to 2 tablespoons of the olive oil, adding more as needed until you get the consistency that is thick but pourable. Taste and add salt and pepper if needed. Can be refrigerated for up to 1 week.
- Bake the sea bass until it is cooked through, 10 to 12 minutes. Spoon about 2 tablespoons of the pesto each onto 4 plates.
- Place the fish onto the pesto and also top with a generous spoonful of the pesto.

Nutrition Facts

PROTEIN 27.34% **FAT 65.87%** **CARBS 6.79%**

Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:16.582173948703%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 413.33kcal (20.67%), Fat: 29.44g (45.29%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 4.58g (1.67%), Sugar: 1.85g (2.05%), Cholesterol: 115.88mg (38.63%), Sodium: 712.03mg (30.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.49g (54.98%), Vitamin B12: 5.41µg (90.25%),

Selenium: 51.76µg (73.94%), Vitamin A: 1622.1IU (32.44%), Phosphorus: 281.01mg (28.1%), Vitamin C: 17.86mg (21.65%), Vitamin B6: 0.43mg (21.34%), Vitamin B3: 2.99mg (14.93%), Magnesium: 56.96mg (14.24%), Iron: 2.04mg (11.35%), Vitamin B5: 1.07mg (10.65%), Potassium: 365.49mg (10.44%), Vitamin B1: 0.14mg (9.47%), Fiber: 2.24g (8.98%), Calcium: 88.9mg (8.89%), Vitamin E: 1.03mg (6.89%), Vitamin K: 4.44µg (4.23%), Zinc: 0.57mg (3.81%), Folate: 12.79µg (3.2%), Vitamin B2: 0.04mg (2.55%), Copper: 0.05mg (2.29%), Manganese: 0.04mg (1.75%)