

health-score61%

HEALTH SCORE

Sea Bass with Clams in Lemony Escarole

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

55 min.

SERVINGS

servings

4

CALORIES

calories

389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 16 small clams scrubbed
- ☐ 2 bunched escarole cleaned
- ☐ 0.3 bunch thyme leaves fresh chopped
- ☐ 3 clove garlic peeled
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 optional: lemon thinly sliced
- ☐ 1 quart chicken stock see low-sodium

- ☐ 4 tablespoons olive oil
- ☐ 4 slices pancetta
- ☐ 1 pound sea bass fillet cut into 4 pieces
- ☐ 1 teaspoon sugar

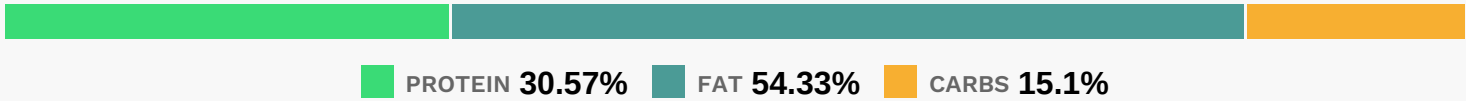
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ In a large nonstick saute pan over medium heat, add 2 tablespoons of olive oil.
- ☐ Add pancetta and stir with a wooden spoon so you have some nice curls. Cook for 4 to 5 minutes until crispy then remove to paper towels. Reserve pancetta fat in the pan and add the chicken stock, lemon, garlic, thyme and bay leaf. Bring to a boil then and then add escarole and clams. Cover and simmer for 15 minutes until clams open. Season with salt, pepper, and sugar.
- ☐ Season bass fillets with salt and pepper.
- ☐ Place a large saute pan over medium heat and add remaining 2 tablespoons olive oil. Once oil is smoking add the fillets, skin side down and don't move for 3 minutes. Using a fish spatula carefully pick up fillets and set in the pan over escarole and poaching broth flesh side down for 30 seconds.
- ☐ Divide escarole and clams with the broth on individual plates, top each with a bass fillet and garnish with the crispy pancetta.

Nutrition Facts



Properties

Glycemic Index:68.65, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:38.420434749645%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 22.74mg, Kaempferol: 22.74mg, Kaempferol: 22.74mg, Kaempferol: 22.74mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 388.5kcal (19.42%), Fat: 24.23g (37.27%), Saturated Fat: 4.93g (30.79%), Carbohydrates: 15.15g (5.05%), Net Carbohydrates: 7.3g (2.66%), Sugar: 2.57g (2.85%), Cholesterol: 101.58mg (33.86%), Sodium: 295.69mg (12.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.68g (61.35%), Vitamin K: 528.39µg (503.23%), Vitamin A: 5019.3IU (100.39%), Vitamin B12: 5.25µg (87.48%), Folate: 333.19µg (83.3%), Selenium: 46.75µg (66.78%), Manganese: 1.03mg (51.65%), Phosphorus: 397.57mg (39.76%), Potassium: 1279.9mg (36.57%), Vitamin C: 30.05mg (36.42%), Vitamin B3: 7.15mg (35.77%), Fiber: 7.85g (31.38%), Vitamin B5: 3.03mg (30.28%), Vitamin B6: 0.5mg (24.89%), Vitamin B1: 0.35mg (23.23%), Magnesium: 87.5mg (21.88%), Iron: 3.81mg (21.14%), Vitamin E: 3.15mg (20.98%), Copper: 0.41mg (20.35%), Zinc: 2.71mg (18.06%), Vitamin B2: 0.3mg (17.46%), Calcium: 159.19mg (15.92%)