



Sea Bass with Fennel, Tomato and Orange

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

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup tomatoes canned drained chopped
- 1 rib tender celery thinly sliced
- 1 pinch pepper red crushed
- 0.3 cup cooking wine dry white
- 1 large fennel bulb--halved minced cored thinly sliced
- 2 tablespoons flat-leaf parsley finely chopped
- 1 tablespoon olive oil extra-virgin
- 1 onion halved thinly sliced

- 1 teaspoon orange zest finely grated
- 1 pinch saffron threads crumbled
- 24 ounce sea bass fillets skinless
- 4 servings sea salt

Equipment

- frying pan

Directions

- In a large, deep skillet, heat 2 teaspoons of the olive oil.
- Add the fennel, onion and celery, cover and cook over moderate heat, stirring occasionally, until softened, about 10 minutes. Uncover and cook, stirring, until the vegetables are lightly browned, about 5 minutes.
- Add the tomatoes, wine, 3/4 teaspoon of the orange zest, the saffron and crushed red pepper and cook over high heat until the liquid has evaporated, about 5 minutes.
- Add the tomato juices, season with salt and bring to a simmer. Arrange the fish fillets in the sauce in a single layer and season with salt. Cover and cook over moderate heat until the fish is opaque throughout, 8 to 10 minutes.
- Mix the parsley with the fennel fronds and the remaining 1 teaspoon olive oil and 1/4 teaspoon orange zest; season with salt. Spoon the fish and sauce onto warmed plates, sprinkle with the parsley mixture and serve.
- Notes: One Serving – Calories 254 kcal, Total Fat 1 gm, Saturated Fat 4 gm, Protein 34 gm, Carbohydrates 13 gm

Nutrition Facts



PROTEIN 52.26% **FAT 28.43%** **CARBS 19.31%**

Properties

Glycemic Index:64.75, Glycemic Load:3, Inflammation Score:-7, Nutrition Score:25.020434939343%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 258.08kcal (12.9%), Fat: 7.8g (12%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 8.36g (3.04%), Sugar: 6.29g (6.99%), Cholesterol: 136.08mg (45.36%), Sodium: 425.12mg (18.48%), Alcohol: 1.54g (100%), Alcohol %: 0.58% (100%), Protein: 32.26g (64.52%), Vitamin B12: 6.5µg (108.3%), Selenium: 63.02µg (90.04%), Vitamin K: 75.12µg (71.54%), Phosphorus: 397.51mg (39.75%), Vitamin B6: 0.67mg (33.63%), Potassium: 919.27mg (26.26%), Magnesium: 95.55mg (23.89%), Vitamin B3: 4.77mg (23.84%), Vitamin C: 17.98mg (21.79%), Vitamin B5: 1.63mg (16.32%), Iron: 2.9mg (16.09%), Vitamin B1: 0.24mg (15.81%), Manganese: 0.31mg (15.45%), Fiber: 3.56g (14.25%), Folate: 47.64µg (11.91%), Vitamin E: 1.63mg (10.88%), Copper: 0.22mg (10.87%), Vitamin A: 541.28IU (10.83%), Calcium: 86.34mg (8.63%), Zinc: 1.05mg (7%), Vitamin B2: 0.11mg (6.69%)