



Sea Bass with Red Pepper and Olive Tapenade

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread fresh white soft
- ☐ 0.3 cup kalamata olives black pitted
- ☐ 6 servings lemon wedges
- ☐ 3.5 tablespoons olive oil
- ☐ 3 tablespoons basil pesto
- ☐ 0.3 cup roasted peppers red drained
- ☐ 36 ounce sea bass fillets

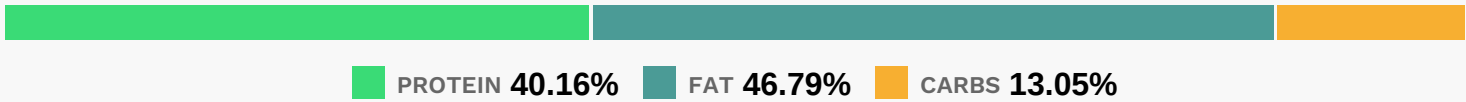
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 4 ingredients in processor.
- ☐ Add 2 tablespoons oil and puree until almost smooth. Season to taste with salt and pepper. (Tapenade can be made 3 days ahead. Cover and chill.)
- ☐ Preheat oven to 400°F.
- ☐ Heat remaining 11/2 tablespoons oil in heavy large skillet over high heat.
- ☐ Sprinkle sea bass with salt and pepper. Working in batches if necessary, add fish to skillet and cook 2 minutes per side.
- ☐ Transfer to rimmed baking sheet.
- ☐ Spread 2 tablespoons tapenade atop each fish fillet.
- ☐ Bake fish until opaque in center, about 8 minutes.
- ☐ Transfer to plates.
- ☐ Garnish with lemon wedges and with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:14.03, Glycemic Load:5.05, Inflammation Score:-5, Nutrition Score:19.20304339865%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 332.8kcal (16.64%), Fat: 16.97g (26.11%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 9.37g (3.41%), Sugar: 1.44g (1.59%), Cholesterol: 136.68mg (45.56%), Sodium: 504.41mg (21.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.78g (65.56%), Vitamin B12: 6.5µg (108.3%), Selenium: 67.86µg (96.94%), Phosphorus: 364.24mg (36.42%), Vitamin B6: 0.55mg (27.46%), Vitamin B3: 4.74mg (23.68%), Magnesium: 77.88mg (19.47%), Vitamin B1: 0.25mg (17%), Vitamin B5: 1.44mg (14.44%), Potassium: 479.21mg (13.69%), Manganese: 0.27mg (13.66%), Iron: 2.33mg (12.96%), Vitamin E: 1.5mg (10%), Folate: 33.65µg (8.41%), Vitamin A: 374.82IU (7.5%), Calcium: 69.66mg (6.97%), Vitamin B2: 0.1mg (6.1%), Zinc: 0.9mg (6.02%), Vitamin K: 5.99µg (5.7%), Fiber: 1.28g (5.11%), Vitamin C: 4.19mg (5.07%), Copper: 0.1mg (5.07%)