



Seared Bass with Cauliflower Duo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pounds cauliflower
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil divided
- ☐ 4 servings salad green
- ☐ 0.5 cup vegetable oil

Equipment

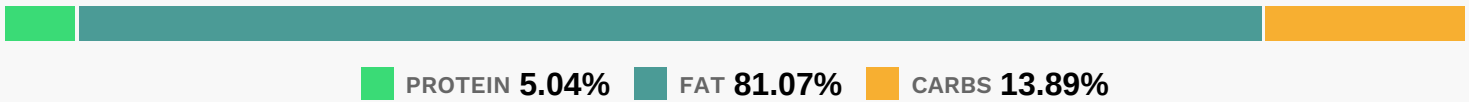
- ☐ frying pan
- ☐ paper towels

- ☐ knife
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Shave floret portion of cauliflower with a knife to create cauliflower "confetti"(3 to 4 cups). Set aside. With slicer, cut thin lengthwise slices from base and stem, dividing among 4 plates.
- ☐ Heat vegetable oil and 1/4 cup olive oil in a 12- to 14-inch nonstick skillet over medium heat until oil shimmers, then fry cauliflower "confetti" in 4 batches, stirring occasionally, until golden brown, about 3 minutes per batch.
- ☐ Transfer with a slotted spoon to paper towels to drain, seasoning lightly with salt.
- ☐ Discard oil and wipe out skillet.
- ☐ Heat 1 tablespoon olive oil in skillet over medium heat until it shimmers. Season fish with 1 tablespoon salt and 1/2 teaspoon pepper. Sear, skin side down, 8 minutes. Turn fish and cook until just cooked through, 3 to 4 minutes.
- ☐ Whisk together remaining 2 tablespoons olive oil, lemon juice, and 1/2 teaspoon salt.
- ☐ Place fish, skin side up, on top of cauliflower slices. Top with cauliflower confetti and drizzle with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:11.080869436264%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 203.92kcal (10.2%), Fat: 19.31g (29.71%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 5.15g (1.87%), Sugar: 2.35g (2.62%), Cholesterol: 0mg (0%), Sodium: 44.76mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.41%), Vitamin C: 66.84mg (81.02%), Vitamin K: 35.73µg (34.03%), Folate: 80.94µg (20.23%), Vitamin E: 2.49mg (16.61%), Vitamin B6: 0.24mg (12.21%), Potassium: 415.72mg (11.88%), Manganese: 0.24mg (11.77%), Fiber: 2.29g (9.16%), Vitamin A: 454.85IU (9.1%), Vitamin B5: 0.81mg (8.14%), Phosphorus: 66.1mg (6.61%), Magnesium: 21.86mg (5.46%), Vitamin B2: 0.09mg (5.24%), Vitamin B1: 0.07mg (4.7%), Iron: 0.81mg (4.51%), Vitamin B3: 0.8mg (4.01%), Copper: 0.07mg (3.27%), Calcium: 30.73mg (3.07%), Zinc: 0.39mg (2.63%), Selenium: 0.85µg (1.21%)