



Striped Bass in Agrodolce Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaves (or 2 Turkish)
- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 cups wine dry red
- ☐ 6 oz 24 farm-raised oysters on the half-shell (1/)
- ☐ 8 servings fennel bulb chopped
- ☐ 0.3 cup golden raisins
- ☐ 0.5 cup olive oil
- ☐ 1.8 teaspoons salt

- ☐ 1.5 lb shallots trimmed halved quartered (10 large or 15 medium) (if small)
- ☐ 0.3 cup sugar
- ☐ 0.7 cup water
- ☐ 1 cup balsamic vinegar white

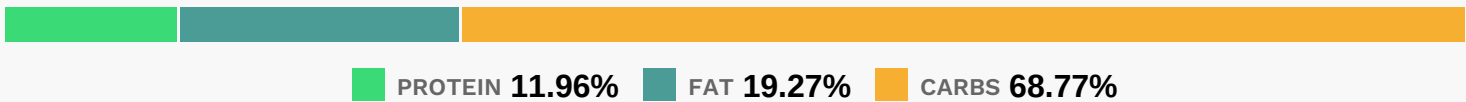
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1/4 cup oil in a 12- to 13-inch heavy skillet over moderately high heat until hot but not smoking, then sauté shallots, stirring occasionally, until browned and just tender, about 8 minutes.
- ☐ Remove from heat and add wine, vinegar, water, sugar, raisins, 1 1/4 teaspoons salt, 1/4 teaspoon pepper, and bay leaf, then briskly simmer, stirring occasionally, until shallots are very tender and liquid is thick and syrupy, 40 to 45 minutes. (If liquid is reduced before shallots are tender, add 1/2 cup water and continue to simmer.)
- ☐ Pat fish dry, then sprinkle with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Fold fillets in half, skinned side in.
- ☐ Heat 2 tablespoons oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté 4 folded fillets, turning over once, until deep golden, 4 to 6 minutes total. Put cooked fish (still folded) on top of sauce in heavy skillet. Wipe out nonstick skillet and sauté remaining 4 fillets in remaining 2 tablespoons oil in same manner, transferring to sauce.
- ☐ Cook, partially covered, over moderate heat until fish is just cooked through, 2 to 3 minutes.
- ☐ Agrodolce sauce can be made 1 day ahead and cooled completely, then chilled, covered. Reheat over moderate heat before cooking fish.

Nutrition Facts



Properties

Glycemic Index:35.47, Glycemic Load:13.98, Inflammation Score:-5, Nutrition Score:6.4843478163947%

Flavonoids

Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 222.24kcal (11.11%), Fat: 4.1g (6.31%), Saturated Fat: 0.68g (4.22%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 29.98g (10.9%), Sugar: 22.5g (25%), Cholesterol: 11.69mg (3.9%), Sodium: 549.29mg (23.88%), Alcohol: 4.72g (100%), Alcohol %: 2.58% (100%), Protein: 5.73g (11.46%), Vitamin B6: 0.34mg (17.09%), Manganese: 0.33mg (16.39%), Potassium: 423.94mg (12.11%), Fiber: 2.97g (11.87%), Phosphorus: 106.38mg (10.64%), Vitamin B12: 0.61µg (10.21%), Vitamin C: 7.07mg (8.58%), Iron: 1.43mg (7.94%), Folate: 31.49µg (7.87%), Magnesium: 27.92mg (6.98%), Copper: 0.11mg (5.64%), Calcium: 46.34mg (4.63%), Selenium: 2.86µg (4.09%), Vitamin E: 0.61mg (4.05%), Vitamin B5: 0.4mg (4%), Vitamin B1: 0.06mg (3.73%), Vitamin K: 3.74µg (3.57%), Vitamin B3: 0.68mg (3.39%), Zinc: 0.49mg (3.27%), Vitamin B2: 0.05mg (2.68%)