



 **97%**
HEALTH SCORE

Striped Bass With Artichokes and Olives

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 baguette cubed
- 10 ounce artichoke hearts frozen thawed
- 5 cloves garlic smashed
- 0.5 cup kalamata olives pitted
- 4 servings kosher salt and pepper freshly ground
- 1 optional: lemon
- 4 tablespoons olive oil extra-virgin
- 1 cup parsley

- 24 ounce bass fillets skinless white firm ()
- 3 small tomatoes quartered

Equipment

- food processor
- oven
- baking pan
- peeler

Directions

- Position a rack in the upper third of the oven and preheat to 475 degrees F. Season the fish with salt and pepper and refrigerate until ready to use.
- Remove the zest from the lemon using a vegetable peeler (reserve the lemon).
- Combine the lemon zest, parsley, garlic, 2 tablespoons olive oil and 1 teaspoon salt in a food processor. With the motor running, gradually add the bread and pulse several times to make coarse crumbs.
- Spread the breadcrumbs evenly in a 9-by-13-inch baking dish. Arrange the artichokes, olives and tomatoes around the edge and bake until the exposed breadcrumbs in the middle are toasted, about 15 minutes.
- Remove the baking dish from the oven. Scoop out the toasted breadcrumbs and set aside.
- Add the fish to the baking dish and top with the toasted breadcrumbs.
- Bake until the fish is cooked through, about 15 minutes.
- Drizzle with the remaining 2 tablespoons olive oil.
- Cut the reserved lemon into wedges and squeeze on top.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:49.31, Glycemic Load:11.95, Inflammation Score:-9, Nutrition Score:34.187826322473%

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: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 450.49kcal (22.52%), Fat: 20.99g (32.29%), Saturated Fat: 3.56g (22.27%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 22.42g (8.15%), Sugar: 4.19g (4.66%), Cholesterol: 85.05mg (28.35%), Sodium: 785.2mg (34.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.74g (81.48%), Vitamin K: 263.44µg (250.89%), Selenium: 77.43µg (110.61%), Vitamin C: 48.54mg (58.83%), Folate: 200.19µg (50.05%), Vitamin B3: 9.36mg (46.81%), Vitamin B12: 2.69µg (44.79%), Vitamin A: 2013.86IU (40.28%), Phosphorus: 395.77mg (39.58%), Vitamin D: 5.27µg (35.15%), Potassium: 1032.63mg (29.5%), Manganese: 0.55mg (27.66%), Vitamin E: 3.95mg (26.36%), Vitamin B6: 0.51mg (25.38%), Fiber: 6.13g (24.5%), Vitamin B1: 0.35mg (23.51%), Magnesium: 93.15mg (23.29%), Iron: 3.89mg (21.6%), Vitamin B2: 0.35mg (20.3%), Copper: 0.31mg (15.39%), Vitamin B5: 1.28mg (12.78%), Calcium: 113.66mg (11.37%), Zinc: 1.38mg (9.19%)