



Striped Bass with Browned Hazelnut Butter, Lemon, and Parsley



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce bass fillets with skin
- ☐ 0.3 cup hazelnuts toasted coarsely chopped
- ☐ 4 servings lemon wedges
- ☐ 1 tablespoon flat parsley italian chopped
- ☐ 4 tablespoons butter unsalted divided
- ☐ 4 servings peppercorns mixed

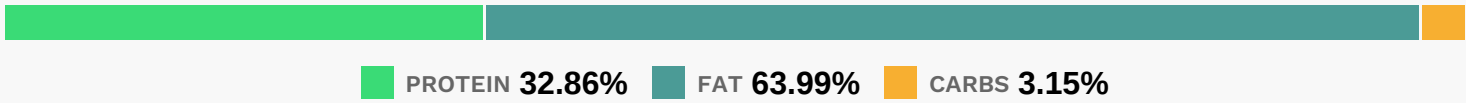
Equipment

☐ frying pan

Directions

- ☐ Sprinkle fillets with salt and ground peppercorns. Melt 1 tablespoon butter in large nonstick skillet over medium-high heat.
- ☐ Add fillets, flesh side down. Cook until browned, 2 to 3 minutes. Turn fillets over; cook until opaque in center, 2 to 3 minutes.
- ☐ Transfer to plates; cover to keep warm.
- ☐ Add hazelnuts to same skillet over medium heat. Toast until golden, 1 to 2 minutes.
- ☐ Add 3 tablespoons butter and cook until golden, 2 to 3 minutes. Season with salt and pepper. Divide sauce among fillets; sprinkle with parsley and grated lemon peel.
- ☐ Serve with lemon wedges.
- ☐ Per serving: 322 calories, 19 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:15.116521591726%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 260.64kcal (13.03%), Fat: 18.6g (28.62%), Saturated Fat: 8.12g (50.73%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.37g (0.42%), Cholesterol: 120.82mg (40.27%), Sodium: 80.56mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.99%), Vitamin B12: 4.36µg (72.59%), Selenium: 41.76µg (59.66%), Manganese: 0.61mg (30.51%), Phosphorus: 251.96mg (25.2%), Vitamin B6: 0.39mg (19.37%), Vitamin K: 20.08µg (19.13%), Magnesium: 60.15mg (15.04%), Vitamin B3: 2.55mg (12.74%), Vitamin B1: 0.16mg (10.98%), Vitamin A: 543.35IU (10.87%), Potassium: 364.87mg (10.42%), Vitamin E: 1.47mg (9.79%), Vitamin B5: 0.95mg (9.55%), Copper: 0.18mg (9.08%), Iron: 1.47mg (8.18%), Folate: 20.9µg (5.23%), Zinc: 0.67mg (4.49%), Fiber: 1.04g (4.17%), Calcium: 34.99mg (3.5%), Vitamin B2: 0.05mg (2.95%), Vitamin C: 2.33mg (2.83%), Vitamin D: 0.21µg (1.4%)