



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
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 4 servings lemon wedges
- ☐ 1 tablespoon flat parsley italian chopped
- ☐ 4 tablespoons butter unsalted divided
- ☐ 4 servings peppercorns mixed

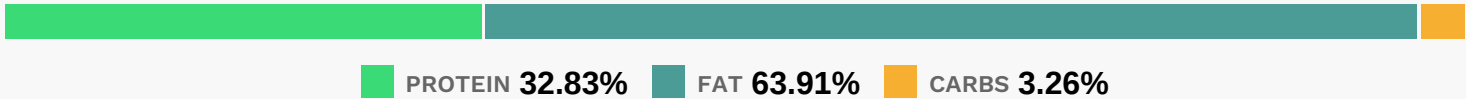
Equipment

- ☐ 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:15.173912851707%

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

Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 260.87kcal (13.04%), Fat: 18.6g (28.62%), Saturated Fat: 8.12g (50.73%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.39g (0.44%), Cholesterol: 120.82mg (40.27%), Sodium: 80.59mg (3.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.5g (43%), Vitamin B12: 4.36µg (72.59%), Selenium: 41.77µg (59.67%), Manganese: 0.61mg (30.51%), Phosphorus: 252.02mg (25.2%), Vitamin B6: 0.39mg (19.42%), Vitamin K: 20.08µg (19.13%), Magnesium: 60.23mg (15.06%), Vitamin B3: 2.55mg (12.75%), Vitamin B1: 0.17mg (11%), Vitamin A: 543.6IU (10.87%), Potassium: 365.67mg (10.45%), Vitamin E: 1.47mg (9.8%), Vitamin B5: 0.96mg (9.56%), Copper: 0.18mg (9.1%), Iron: 1.48mg (8.21%), Folate: 20.97µg (5.24%), Zinc: 0.67mg (4.5%), Fiber: 1.09g (4.38%), Vitamin C: 2.98mg (3.61%), Calcium: 35.66mg (3.57%), Vitamin B2: 0.05mg (2.98%), Vitamin D: 0.21µg (1.4%)