



## Striped Bass with Fennel over Sautéed Spinach



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons capers drained
- ☐ 1 pound fennel bulb diced
- ☐ 6 garlic cloves thinly sliced
- ☐ 2 teaspoons olive oil

- ☐ 2 cups onion    diced red
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds pkt spinach    fresh trimmed
- ☐ 6 ounce striped bass fillets    skinless
- ☐ 2 teaspoons sugar

## Equipment

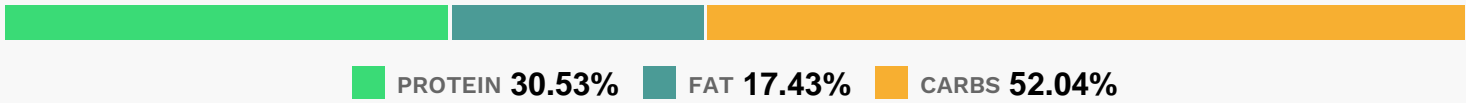
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ dutch oven

## Directions

- ☐ Preheat oven to 45
- ☐ To prepare relish, combine first 5 ingredients, tossing well to coat. Arrange fennel mixture in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 450 for 30 minutes or until lightly browned, stirring once.
- ☐ Place fennel mixture in a bowl; stir in sugar, capers, and vinegar.
- ☐ Preheat grill to medium-high heat.
- ☐ To prepare fish, place striped bass fillets on grill rack coated with cooking spray.
- ☐ Brush fillets evenly with 2 teaspoons olive oil; sprinkle evenly with 1/2 teaspoon salt and 1/2 teaspoon pepper. Grill fish 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Keep warm.
- ☐ To prepare spinach, heat 2 teaspoons oil in a Dutch oven over medium-high heat.
- ☐ Add garlic; cook 2 minutes or until golden, stirring frequently.
- ☐ Add half of spinach, and cook 1 minute, stirring constantly.
- ☐ Add remaining spinach; cook 2 minutes or until wilted, stirring frequently.
- ☐ Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.

Place 1/2 cup spinach mixture on each of 8 plates; top each with 1 fillet and about 1/4 cup relish.

## Nutrition Facts



## Properties

Glycemic Index:39.76, Glycemic Load:3.52, Inflammation Score:-10, Nutrition Score:27.064782432888%

## Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 8.16mg, Kaempferol: 8.16mg, Kaempferol: 8.16mg, Kaempferol: 8.16mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg

## Nutrients (% of daily need)

Calories: 98.67kcal (4.93%), Fat: 2.12g (3.26%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 9.17g (3.34%), Sugar: 5.72g (6.36%), Cholesterol: 17.01mg (5.67%), Sodium: 295.44mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.68%), Vitamin K: 584.55µg (556.71%), Vitamin A: 10731.17IU (214.62%), Manganese: 1.25mg (62.26%), Folate: 245.03µg (61.26%), Vitamin C: 42.35mg (51.34%), Potassium: 994.34mg (28.41%), Magnesium: 113.02mg (28.26%), Iron: 3.84mg (21.31%), Fiber: 5.04g (20.17%), Vitamin B6: 0.39mg (19.41%), Vitamin E: 2.79mg (18.61%), Calcium: 158.19mg (15.82%), Vitamin B2: 0.25mg (14.9%), Phosphorus: 141.78mg (14.18%), Selenium: 9.83µg (14.05%), Vitamin B12: 0.81µg (13.54%), Copper: 0.22mg (10.94%), Vitamin B1: 0.14mg (9.24%), Vitamin B3: 1.7mg (8.49%), Zinc: 0.9mg (6%), Vitamin B5: 0.43mg (4.3%)