






 **96%**
HEALTH SCORE

Striped Bass with Heirloom Tomato Scampi

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

45 min.

SERVINGS

4

CALORIES

327 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 1 cup basil fresh packed
- 1 tablespoon capers drained chopped
- 4 celery stalks sliced
- 0.3 cup wine dry white
- 1 tablespoon fennel seeds dry toasted
- 6 garlic clove finely chopped
- 3 pounds heirloom tomatoes mixed cut in wedges
- 1 juice of lemon grated

- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 4 servings pepper black freshly ground
- 2 shallots diced finely
- 24 ounces bass fillets
- 0.5 bunch thyme sprigs

Equipment

- frying pan
- paper towels
- oven

Directions

- Preheat the oven to 350°F.
- In a large ovenproof nonstick skillet, heat the olive oil over medium-high heat. Season the fish liberally with salt and pepper and sprinkle with the lemon zest and juice. Once the oil begins to shimmer, place the fillets skin-side-down in the pan and let them cook, without moving them, until the skin is crisp and golden brown, 45 seconds to 1 minute. Give a light push to loosen the skin from the pan.
- Add the thyme sprigs to the pan.
- Transfer the pan to the oven and bake until the fish flakes easily with a fork, 6 to 8 minutes.
- Remove fish from the oven and transfer to paper towels.
- In a large skillet, heat the garlic oil over medium-high heat.
- Add the garlic, shallots, and fennel seeds and cook, stirring frequently, until the shallots are translucent, about 2 minutes.
- Add the celery and capers and cook until the celery has softened, about 2 minutes.
- Add the wine to the pan and cook until it is reduced by half, about 1 minute.
- Add the vinegar, lemon zest and juice, tomatoes, and basil and cook for 1 to 2 minutes to incorporate the flavors and heat the tomatoes through.
- Serve the bass fillets topped with the tomato scampi.

Other

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Nutrition Facts

PROTEIN 42.7% **FAT 33.56%** **CARBS 23.74%**

Properties

Glycemic Index:73, Glycemic Load:4.56, Inflammation Score:-10, Nutrition Score:33.440434953441%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 2.47mg, Naringenin: 2.47mg, Naringenin: 2.47mg, Naringenin: 2.47mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 326.81kcal (16.34%), Fat: 11.99g (18.45%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 13.57g (4.93%), Sugar: 10.39g (11.54%), Cholesterol: 136.08mg (45.36%), Sodium: 198.11mg (8.61%), Alcohol: 1.54g (100%), Alcohol %: 0.34% (100%), Protein: 34.33g (68.66%), Vitamin B12: 6.5µg (108.3%), Selenium: 62.96µg (89.94%), Vitamin A: 3351.81IU (67.04%), Vitamin C: 54.34mg (65.86%), Vitamin K: 58.05µg (55.29%), Vitamin B6: 0.91mg (45.71%), Phosphorus: 448.94mg (44.89%), Potassium: 1380.1mg (39.43%), Manganese: 0.74mg (36.96%), Magnesium: 123mg (30.75%), Vitamin B3: 5.85mg (29.27%), Fiber: 5.52g (22.06%), Vitamin B1: 0.32mg (21.65%), Folate: 78.59µg (19.65%), Vitamin E: 2.94mg (19.62%), Iron: 3.28mg (18.24%), Vitamin B5: 1.68mg (16.85%), Copper: 0.33mg (16.61%), Calcium: 107.83mg (10.78%), Zinc: 1.51mg (10.06%), Vitamin B2: 0.14mg (8.47%)