



Striped Bass with Mushrooms

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup cooking wine dry white
- 2 sprigs thyme leaves fresh
- 0.8 cup heavy cream
- 4 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil extra-virgin
- 5 large shallots thinly sliced
- 24 ounce skin-on striped bass fillets ()
- 3 tablespoons butter unsalted

10 ounces mushrooms white trimmed quartered

Equipment

frying pan

wooden spoon

Directions

Heat the butter in a large skillet over medium heat.

Add the shallots and thyme and cook until the shallots are translucent, about 7 minutes; season with salt and pepper.

Add the mushrooms and cook, stirring occasionally, until brown and tender, about 8 minutes.

Meanwhile, season the fish with salt and pepper.

Heat the oil in another large skillet over medium-high heat.

Add the fish, skin-side down, and cook until the skin is crisp, 3 to 4 minutes; transfer to a plate.

Add the wine to the skillet and scrape up any browned bits with a wooden spoon. Boil over high heat until syrupy, 2 to 3 minutes.

Add the cream and simmer to thicken slightly, 2 to 3 minutes. Season with salt and pepper.

Pour the cream sauce over the mushrooms in the skillet, then add the fish, skin-side up. Simmer until the fish is just firm and translucent, 5 to 7 minutes.

Garnish with parsley, if desired.

Photograph by Antonis Achilleos

Nutrition Facts


PROTEIN 27.55% **FAT 64.37%** **CARBS 8.08%**

Properties

Glycemic Index:30.5, Glycemic Load:1.99, Inflammation Score:-9, Nutrition Score:24.146956319394%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 529.38kcal (26.47%), Fat: 35.87g (55.18%), Saturated Fat: 17.53g (109.56%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 8.35g (3.04%), Sugar: 5.6g (6.23%), Cholesterol: 209.08mg (69.69%), Sodium: 334.09mg (14.53%), Alcohol: 4.64g (100%), Alcohol %: 1.54% (100%), Protein: 34.55g (69.09%), Vitamin B12: 6.62µg (110.26%), Selenium: 70.54µg (100.77%), Phosphorus: 453.53mg (45.35%), Vitamin B6: 0.73mg (36.6%), Vitamin B3: 6.28mg (31.42%), Vitamin B2: 0.44mg (25.81%), Vitamin B5: 2.58mg (25.75%), Potassium: 845.22mg (24.15%), Magnesium: 89.62mg (22.4%), Vitamin A: 1096.47IU (21.93%), Vitamin B1: 0.26mg (17.21%), Copper: 0.32mg (15.85%), Iron: 2.45mg (13.64%), Vitamin E: 1.68mg (11.21%), Manganese: 0.21mg (10.63%), Folate: 40.76µg (10.19%), Zinc: 1.35mg (9.03%), Calcium: 77.44mg (7.74%), Fiber: 1.78g (7.11%), Vitamin D: 1.01µg (6.75%), Vitamin K: 6.81µg (6.48%), Vitamin C: 5.06mg (6.13%)