



White Sea Bass with Orange-Fennel Relish

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.4 teaspoon pepper black divided freshly ground
- ☐ 1.5 teaspoons butter
- ☐ 12 ounce fennel bulb
- ☐ 0.4 teaspoon kosher salt divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup castelvetrano olives halved
- ☐ 1 tablespoon orange juice fresh

- ☐ 0.5 teaspoon orange rind grated
- ☐ 1 cup orange sections fresh
- ☐ 0.3 cup onion red thinly sliced
- ☐ 24 ounce sea bass fillets white

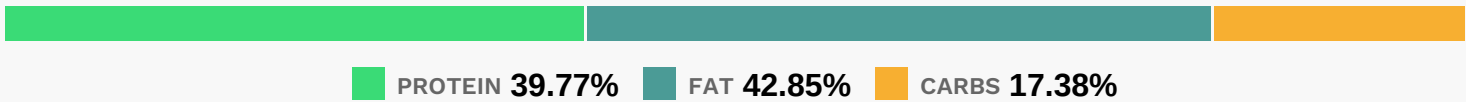
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients, 1/8 teaspoon salt, and 1/8 teaspoon black pepper in a medium bowl, stirring with a whisk.
- ☐ Remove fronds from fennel bulb; chop fronds to measure 2 tablespoons.
- ☐ Remove and discard stalks.
- ☐ Cut fennel bulb in half lengthwise; discard core. Thinly slice fennel bulb.
- ☐ Add sliced fennel, orange sections, onion, and olives to orange juice mixture; toss gently to coat. Stir in fennel fronds.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Sprinkle fish evenly with remaining 1/4 teaspoon salt and the remaining 1/4 teaspoon pepper.
- ☐ Add butter to pan; swirl until butter melts.
- ☐ Add fish to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Serve with relish.

Nutrition Facts



Properties

Glycemic Index:62.13, Glycemic Load:3.86, Inflammation Score:-7, Nutrition Score:25.020869441654%

Flavonoids

Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg Hesperetin: 13.31mg, Hesperetin: 13.31mg, Hesperetin: 13.31mg, Hesperetin: 13.31mg Naringenin: 7.04mg, Naringenin: 7.04mg, Naringenin: 7.04mg, Naringenin: 7.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 319.75kcal (15.99%), Fat: 15.32g (23.58%), Saturated Fat: 3.23g (20.17%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 9.45g (3.44%), Sugar: 8.52g (9.47%), Cholesterol: 140.11mg (46.7%), Sodium: 655.58mg (28.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32g (64%), Vitamin B12: 6.5µg (108.35%), Selenium: 63.15µg (90.21%), Vitamin K: 58.34µg (55.56%), Vitamin C: 38.8mg (47.03%), Phosphorus: 391.01mg (39.1%), Vitamin B6: 0.6mg (29.95%), Potassium: 906.64mg (25.9%), Magnesium: 90.96mg (22.74%), Vitamin B3: 4.32mg (21.6%), Fiber: 4.54g (18.15%), Vitamin B5: 1.62mg (16.21%), Vitamin B1: 0.23mg (15.41%), Vitamin E: 2.28mg (15.2%), Folate: 56.37µg (14.09%), Iron: 2.27mg (12.62%), Manganese: 0.24mg (11.88%), Calcium: 98.84mg (9.88%), Vitamin A: 492.48IU (9.85%), Copper: 0.16mg (7.93%), Zinc: 0.91mg (6.1%), Vitamin B2: 0.1mg (6.07%)