



Whole Branzino Roasted in Salt



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups arugula
- ☐ 2 tablespoons capers drained
- ☐ 0.3 cup celery diced finely
- ☐ 3 pound coarse kosher salt
- ☐ 0.3 cup cucumber diced finely
- ☐ 5 large egg whites ()
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 optional: lemon

- ☐ 4 slices optional: lemon thin
- ☐ 2 tablespoons brine-cured olives green pitted sliced (such as picholine)
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 8 parsley sprigs fresh
- ☐ 2 pound sea bass whole
- ☐ 2 thyme sprigs fresh

Equipment

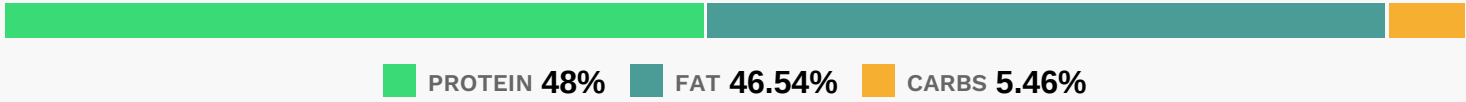
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 400°F. Stir salt and 5 egg whites in large bowl, adding more egg whites as needed to form grainy paste. Press 1/4-inch layer of salt mixture (large enough to hold both fish) onto large rimmed baking sheet. Stuff cavity of each whole fish with half of herb sprigs and lemon slices.
- ☐ Place fish atop salt mixture on baking sheet. Pack remaining salt mixture over fish to enclose completely. Roast until thermometer inserted into thickest part of fish registers 135°F, about 20 minutes.
- ☐ Let stand 10 minutes.
- ☐ Using small sharp knife, remove peel and white pith from lemon. Working over bowl, cut between membranes to release segments.
- ☐ Cut each segment into 3 pieces.
- ☐ Add lemon pieces and next 6 ingredients to bowl.
- ☐ Using back of large spoon, gently crack open salt crust on fish. Lift and discard salt layer. Pull skin from top of 1 fish. Carefully lift top fillet from bones and transfer to plate. Lift and discard bones. Gently lift second fillet from skin and transfer to second plate. Repeat with second fish for a total of 4 plates.

- ☐
- Spoon salsa verde over fish, leaving juices in bowl.
- ☐
- Add arugula to bowl; toss to coat. Divide among plates.
- ☐
- The French call it loup de mer and the Italians call it branzino, but it's the same fish — Mediterranean sea bass.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:0.79, Inflammation Score:-9, Nutrition Score:30.281304338704%

Flavonoids

Eriodictyol: 7.26mg, Eriodictyol: 7.26mg, Eriodictyol: 7.26mg, Eriodictyol: 7.26mg Hesperetin: 9.49mg, Hesperetin: 9.49mg, Hesperetin: 9.49mg, Hesperetin: 9.49mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 12.59mg, Apigenin: 12.59mg, Apigenin: 12.59mg, Apigenin: 12.59mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 10.6mg, Kaempferol: 10.6mg, Kaempferol: 10.6mg, Kaempferol: 10.6mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg

Nutrients (% of daily need)

Calories: 385.57kcal (19.28%), Fat: 19.78g (30.43%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 3.35g (1.22%), Sugar: 1.74g (1.93%), Cholesterol: 181.44mg (60.48%), Sodium: 132264.11mg (5750.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.9g (91.79%), Vitamin B12: 8.7µg (145.01%), Selenium: 91.68µg (130.96%), Vitamin K: 122.27µg (116.44%), Phosphorus: 476.17mg (47.62%), Vitamin B6: 0.74mg (36.93%), Vitamin C: 29.35mg (35.58%), Magnesium: 115.55mg (28.89%), Vitamin B3: 5.03mg (25.15%), Potassium: 843.35mg (24.1%), Manganese: 0.47mg (23.53%), Iron: 4.12mg (22.89%), Vitamin A: 1131.25IU (22.62%), Vitamin B5: 1.97mg (19.72%), Vitamin B1: 0.26mg (17.29%), Vitamin B2: 0.29mg (16.96%), Calcium: 168.86mg (16.89%), Vitamin E: 2.31mg (15.4%), Folate: 53.79µg (13.45%), Copper: 0.25mg (12.25%), Zinc: 1.46mg (9.72%), Fiber: 1.87g (7.48%)