



Whole Fish Baked in Salt Crust



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 egg whites
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 1 pound fish such as snapper whole
- ☐ 1 bunch thyme leaves fresh
- ☐ 2 cups kosher salt
- ☐ 1 optional: lemon cut into wedges

Equipment

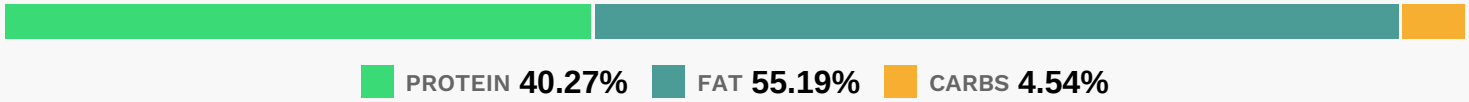
- ☐ oven

- ☐ whisk
- ☐ kitchen scale

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Clean and gut fish, remove top and bottom fins, scale and remove gills.
- ☐ Whisk egg whites to soft peaks and fold in salt.
- ☐ Place thyme in body cavity and set aside.
- ☐ Place 4 tablespoons of egg white mixture on a large platter, suitable for oven to table use.
- ☐ Place fish on top of mixture and spoon remaining mixture over top of fish.
- ☐ Place fish and platter in oven and bake for 25 to 30 minutes. remove and strike crust to crack.
Carefully remove salt crust from top of fish and divide flesh among two plates.
- ☐ Serve with good oil and lemons.
- ☐ (An excellent accompaniment would be an arugula and tomato salad.)

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:14.099130563114%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 257.06kcal (12.85%), Fat: 16.08g (24.73%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.08g (0.76%), Sugar: 0.89g (0.99%), Cholesterol: 56.7mg (18.9%), Sodium: 56696.36mg (2465.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.39g (52.79%), Selenium: 53.65µg (76.65%), Vitamin B12: 1.82µg (30.31%), Vitamin D: 3.52µg (23.44%), Vitamin B3: 4.5mg (22.51%), Phosphorus: 202.66mg

(20.27%), Vitamin C: 15.91mg (19.29%), Vitamin E: 2.51mg (16.73%), Potassium: 446.53mg (12.76%), Vitamin B2: 0.21mg (12.54%), Manganese: 0.22mg (10.83%), Vitamin B6: 0.21mg (10.51%), Magnesium: 39.14mg (9.78%), Vitamin K: 10.02µg (9.54%), Iron: 1.56mg (8.64%), Folate: 31.84µg (7.96%), Copper: 0.15mg (7.56%), Vitamin B5: 0.66mg (6.65%), Calcium: 59.69mg (5.97%), Vitamin B1: 0.06mg (3.93%), Zinc: 0.56mg (3.76%), Fiber: 0.9g (3.58%), Vitamin A: 53.45IU (1.07%)