



Whole Grilled Bass with Olives, Onion, and Artichoke

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 0.8 cup kalamata olives pitted
- 4 servings kosher salt
- 2 medium optional: lemon
- 14 ounce marinated artichoke drained
- 1 tablespoon olive oil
- 5 medium oregano fresh

- 1 medium onion red separated cut into quarters and the layers
- 2 pound bass fillets whole black cleaned (from a 3- to 3-)
- 7 thyme sprigs fresh
- 4 servings vegetable oil for coating the grill, skewers, and lemon halves
- 60 inch frangelico for 30 minutes to avoid burning on the grill)
- 60 inch frangelico for 30 minutes to avoid burning on the grill (soak wooden skewers in water)

Equipment

- bowl
- baking sheet
- paper towels
- grill
- aluminum foil
- spatula
- skewers
- tongs

Directions

- Heat an outdoor grill to medium high (about 375°F to 425°F).While the grill is heating, prepare the skewers: Thread an equal number of the artichokes onto 2 skewers. Thread an equal amount of onion onto 2 more skewers, leaving about 1/4 inch of space in between the pieces. Thread an equal number of the olives onto the remaining 2 skewers.
- Brush the skewers all over with vegetable oil; set aside. Slice the lemons in half, reserving one of the halves for the fish.When the grill is ready, rub the grill grates with a towel dipped in vegetable oil.
- Brush the cut sides of the remaining 3 lemon halves with oil.
- Place the lemons on the grill cut-side down, cover the grill, and cook until grill marks appear and the lemons are slightly softened, about 3 to 4 minutes.
- Remove to a baking sheet or large dish and set aside.

- Place all of the skewers on the grill, cover the grill, and cook, flipping once, until the olives are slightly shriveled and the artichokes have grill marks, about 6 minutes. Continue to cook the onions until they're slightly charred and softened, about 3 minutes more.
- Transfer to the baking sheet or large dish with the lemon halves and let cool slightly. When cool enough to handle, remove all of the olives, artichokes, and onions from the skewers, cut into medium dice, and transfer to a medium bowl. Squeeze the juice from 2 of the grilled lemon halves over the vegetables, add the oregano and thyme, and stir to combine. Taste and season with salt and pepper as needed.
- Cut the remaining grilled lemon half into 4 pieces.
- Place the vegetable topping and the lemon pieces in a warm spot or cover with foil. Reduce the grill heat to medium (about 350°F to 400°F), and prepare the fish. For the fish: Thinly slice the reserved, ungrilled lemon half. Rinse the inside and outside of the fish in cold water and pat dry with paper towels. Generously season the inside of the fish with salt and pepper. Stuff the thyme and oregano sprigs and lemon slices inside. Rub the outside of the fish with the olive oil and season with salt and pepper. Rub the grill grates again with vegetable oil.
- Place the fish on the grill and cover the grill. Cook until the bottom half of the fish is opaque all the way through and the bottom skin is crispy, about 9 minutes. Using a pair of tongs to hold the fish closed, carefully flip the fish over using a flat spatula and cook until the second half is opaque all the way through and the skin is crispy, about 9 minutes more.
- Remove to a large serving dish and serve with the reserved topping and grilled lemon pieces.

Nutrition Facts

PROTEIN 30.82% **FAT 58.4%** **CARBS 10.78%**

Properties

Glycemic Index:33.63, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:27.768260499705%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 552.53kcal (27.63%), Fat: 35.86g (55.17%), Saturated Fat: 5.34g (33.35%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 9.29g (3.38%), Sugar: 3.7g (4.11%), Cholesterol: 181.44mg (60.48%), Sodium: 1124.94mg (48.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.58g (85.16%), Vitamin B12: 8.66µg (144.39%), Selenium: 83.42µg (119.18%), Vitamin C: 54.32mg (65.85%), Phosphorus: 470.55mg (47.05%), Vitamin B6: 0.78mg (39.19%), Vitamin K: 36.25µg (34.53%), Vitamin A: 1413.21IU (28.26%), Magnesium: 106.92mg (26.73%), Vitamin B3: 5mg (25%), Fiber: 5.6g (22.4%), Iron: 3.92mg (21.8%), Potassium: 733.71mg (20.96%), Vitamin E: 2.93mg (19.53%), Vitamin B5: 1.86mg (18.63%), Vitamin B1: 0.27mg (17.97%), Calcium: 115.04mg (11.5%), Manganese: 0.19mg (9.57%), Folate: 36.1µg (9.03%), Copper: 0.15mg (7.52%), Zinc: 1.06mg (7.09%), Vitamin B2: 0.1mg (6.06%)