



Whole roast bream with potatoes & olives



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



852 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g potatoes
- ☐ 1 large handful olives black
- ☐ 1 garlic clove chopped
- ☐ 1 large bunch flat-leaf parsley roughly chopped
- ☐ 2 tbsp olive oil
- ☐ 2 servings lemon zest
- ☐ 1 sea bream whole
- ☐ 1 small glass white wine

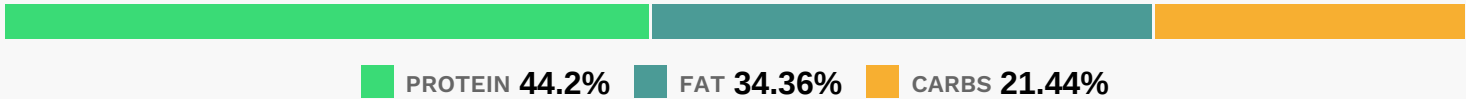
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Cook the potatoes in boiling water for about 10 mins, cut into thick slices, then cool. In a bowl, toss the potatoes with the olives, garlic, half the chopped parsley, half the olive oil, the lemon zest and salt and pepper. Tip this mix over the bottom of a medium gratin dish.
- ☐ Season the fish and place the parsley stalks in the cavity.
- ☐ Lay the fish on top of the potatoes and drizzle with the rest of the olive oil.
- ☐ Bake for 15 mins until the potatoes start to crisp up around the edges.
- ☐ Pour the wine over, then return to the oven for 10 mins more until the potatoes have browned and the fish is cooked.
- ☐ Remove the dish from the oven, scatter over the rest of the parsley and bring the dish to the table. When you serve up, dont forget the lovely white wine juices in the bottom of the dish. Delicious with a simple bowl of spinach.

Nutrition Facts



Properties

Glycemic Index:80.38, Glycemic Load:26.45, Inflammation Score:-10, Nutrition Score:22.660869577657%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 4.27mg, Myricetin: 4.27mg, Myricetin: 4.27mg, Myricetin: 4.27mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 851.61kcal (42.58%), Fat: 28.99g (44.6%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 40.72g (13.57%), Net Carbohydrates: 35g (12.73%), Sugar: 3.01g (3.35%), Cholesterol: 0mg (0%), Sodium: 640.41mg (27.84%), Alcohol: 12.15g (100%), Alcohol %: 1.87% (100%), Protein: 83.92g (167.84%), Vitamin K: 480.27µg (457.4%), Vitamin C: 78.03mg (94.58%), Vitamin A: 2444.38IU (48.89%), Vitamin B6: 0.7mg (34.83%), Potassium: 1094.35mg (31.27%), Manganese: 0.51mg (25.74%), Fiber: 5.72g (22.89%), Iron: 3.8mg (21.11%), Folate: 76.87µg (19.22%), Magnesium: 73.56mg (18.39%), Vitamin E: 2.63mg (17.55%), Phosphorus: 154.49mg (15.45%), Copper: 0.28mg (13.99%), Vitamin B3: 2.64mg (13.22%), Vitamin B1: 0.2mg (13.04%), Calcium: 82.27mg (8.23%), Vitamin B5: 0.77mg (7.71%), Zinc: 1.05mg (6.99%), Vitamin B2: 0.11mg (6.6%), Selenium: 1.05µg (1.5%)