

food
network

 **100%**
HEALTH SCORE

Whole Roasted Fish with Celery, Lemon, and Orange



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



765 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 stalks celery sliced thin
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 lemons sliced thin
- ☐ 8 tablespoons olive oil extra-virgin
- ☐ 2 oranges sliced thin
- ☐ 1 small bunch parsley or any other mix of herbs
- ☐ 4 servings salt and pepper black freshly ground

☐ 4 pound sea bass whole

Equipment

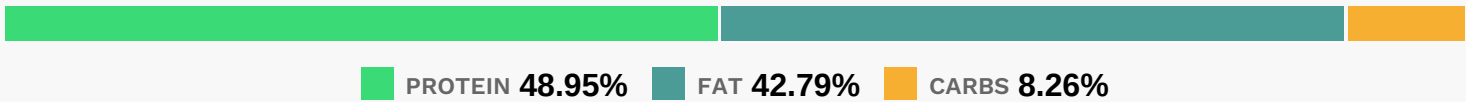
☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Season the fish, inside and out, with salt and pepper. Stuff the celery leaves and herbs inside the cavity of the fish.
- ☐ Pour 4 tablespoons of the olive oil on the cookie sheet and cover with the celery, lemon, and orange slices, reserving 4 slices each of the fruit.
- ☐ Place the fish on top of the celery and sliced fruit and place the remaining slices of fruit on top of the fish.
- ☐ Pour the remaining olive oil and white wine over the fish.
- ☐ Place in oven and cook for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:3.96, Inflammation Score:-10, Nutrition Score:47.01782595593%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 33.03mg, Hesperetin: 33.03mg, Hesperetin: 33.03mg, Hesperetin: 33.03mg Naringenin: 10.45mg, Naringenin: 10.45mg, Naringenin: 10.45mg, Naringenin: 10.45mg Apigenin: 31.87mg, Apigenin: 31.87mg, Apigenin: 31.87mg, Apigenin: 31.87mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 764.99kcal (38.25%), Fat: 36.14g (55.59%), Saturated Fat: 6.59g (41.16%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 11.48g (4.17%), Sugar: 8.42g (9.36%), Cholesterol: 226.8mg (75.6%), Sodium: 279.01mg (12.13%), Alcohol: 3.09g (100%), Alcohol %: 0.57% (100%), Protein: 93.02g (186.04%), Selenium: 190.35µg (271.93%), Vitamin K: 268.91µg (256.1%), Vitamin B12: 7.17µg (119.45%), Vitamin C: 83.66mg (101.4%), Vitamin D: 14.06µg (93.74%), Vitamin B3: 18.29mg (91.45%), Phosphorus: 812.34mg (81.23%), Potassium: 1768.78mg (50.54%), Vitamin B6: 0.88mg (43.75%), Folate: 170.83µg (42.71%), Vitamin E: 6.26mg (41.74%), Magnesium: 148.04mg (37.01%), Vitamin A: 1539.82IU (30.8%), Vitamin B5: 2.65mg (26.46%), Iron: 4.14mg (23%), Vitamin B2: 0.36mg (21.42%), Copper: 0.43mg (21.37%), Vitamin B1: 0.29mg (19.12%), Fiber: 4.22g (16.88%), Manganese: 0.31mg (15.61%), Calcium: 124.69mg (12.47%), Zinc: 1.82mg (12.11%)