

food
network



HEALTH SCORE

58%

Whole Roasted Fish with Herbs



Gluten Free



Dairy Free

READY IN

**85 min.**

SERVINGS

**2**

CALORIES

**905 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cooking wine dry white
- ☐ 2.5 pound fish fillet such as snapper or bass, scaled, gutted and gills removed
- ☐ 2 bay leaves fresh
- ☐ 4 cloves garlic smashed
- ☐ 1 bundle herbs fresh such as thyme, oregano, marjoram and parsley, plus some extra to lay the fish on while baking assorted
- ☐ 2 servings kosher salt
- ☐ 8 slices optional: lemon
- ☐ 2 servings olive oil extra-virgin

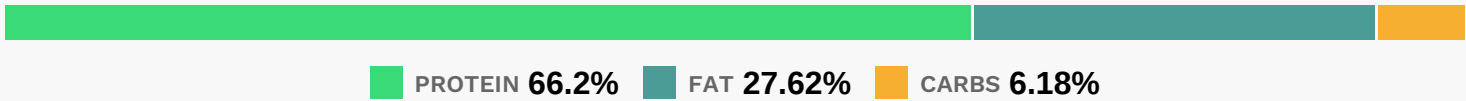
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Make 3 diagonal slices about 1/2-inch deep on each side of the fish. Salt and olive oil the fish generously.
- ☐ Season the inside of the fish with salt and olive oil.
- ☐ Place 4 lemon slices, the bay leaves, a bundle of the mixed herbs and 2 of the garlic cloves inside the body cavity.
- ☐ Line a sheet tray with aluminum foil and arrange the remaining assorted herbs, lemon slices and garlic in the center of the tray and lay the fish on top.
- ☐ Fold the aluminum foil up around the sides of the fish to create a sort of baking dish.
- ☐ Add the white wine and place in the preheated oven and roast until the fish is just cooked through, about 30 to 35 minutes.
- ☐ Remove from oven, present and collect your kudos then fillet to serve.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:1.96, Inflammation Score:-9, Nutrition Score:39.716086646785%

Flavonoids

Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Eriodictyol: 5.98mg, Eriodictyol: 5.98mg, Eriodictyol: 5.98mg, Eriodictyol: 5.98mg Hesperetin: 8.77mg, Hesperetin: 8.77mg, Hesperetin: 8.77mg, Hesperetin: 8.77mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin:

0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 905.1kcal (45.26%), Fat: 21.72g (33.42%), Saturated Fat: 3.57g (22.29%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 9.99g (3.63%), Sugar: 3.07g (3.41%), Cholesterol: 209.79mg (69.93%), Sodium: 570.83mg (24.82%), Alcohol: 24.72g (100%), Alcohol %: 3.66% (100%), Protein: 117.17g (234.34%), Vitamin D: 57.83µg (385.55%), Selenium: 217.8µg (311.14%), Vitamin B12: 17.01µg (283.5%), Vitamin B6: 2.49mg (124.35%), Phosphorus: 1179.9mg (117.99%), Potassium: 2600.93mg (74.31%), Magnesium: 209.55mg (52.39%), Vitamin E: 7.51mg (50.06%), Vitamin B5: 4.45mg (44.51%), Vitamin C: 26.5mg (32.12%), Manganese: 0.47mg (23.63%), Calcium: 222.96mg (22.3%), Vitamin B1: 0.3mg (19.76%), Vitamin K: 18.26µg (17.39%), Zinc: 2.43mg (16.17%), Vitamin A: 656.01IU (13.12%), Iron: 2.09mg (11.63%), Copper: 0.2mg (9.9%), Vitamin B3: 1.95mg (9.74%), Folate: 34.95µg (8.74%), Vitamin B2: 0.07mg (3.89%), Fiber: 0.95g (3.81%)