



 **100%**
HEALTH SCORE

Whole Roasted Fish With Sliced Potatoes, Olives and Herbs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



80 min.

SERVINGS



4

CALORIES



654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch pepper red crushed
- 1 cup cooking wine dry white
- 3 pound fish fillet (such as a snapper or bass)
- 3 bay leaves fresh
- 6 cloves garlic smashed finely chopped (4 and ; 2 just)
- 0.5 cup kalamata olives pitted
- 4 servings kosher salt

- 1 optional: lemon sliced
- 4 servings olive oil extra-virgin
- 1 bunch oregano fresh whole with leaves finely chopped; half as sprigs)
- 0.5 bunch parsley fresh italian
- 3 large yukon gold potatoes sliced well (a mandoline works here)

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat the oven to 400 degrees F.
- In a large bowl, toss the potatoes, chopped garlic, chopped oregano, olives and red pepper; drizzle generously with olive oil and season with salt. Arrange the potatoes and friends in the bottom of a baking dish large enough to accommodate the fish. Roast in the oven for 20 minutes.
- Remove and reserve.
- Make 3 diagonal slices about 1/2 inch deep on each side of the fish. Season the outside and inside with olive oil and salt.
- Place the lemon slices, bay leaves, whole oregano sprigs, parsley and the remaining smashed garlic inside the body cavity of the fish.
- Pour the wine over the potatoes, lay the fish on top and toss the whole thing in the oven for 35 to 40 minutes, or until the eyeballs pop out.
- Remove the skin and bones and serve the fish over the potatoes.
- Photograph by David Malosh

Nutrition Facts



Properties

Glycemic Index:47.81, Glycemic Load:17.48, Inflammation Score:-9, Nutrition Score:42.50521699242%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 653.87kcal (32.69%), Fat: 21.44g (32.98%), Saturated Fat: 3.31g (20.67%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 24.6g (8.94%), Sugar: 2.45g (2.73%), Cholesterol: 125.87mg (41.96%), Sodium: 691.48mg (30.06%), Alcohol: 6.18g (100%), Alcohol %: 1.31% (100%), Protein: 73.39g (146.78%), Vitamin D: 34.7µg (231.33%), Selenium: 131.32µg (187.6%), Vitamin B12: 10.21µg (170.1%), Vitamin K: 130.17µg (123.98%), Vitamin B6: 1.86mg (93.02%), Phosphorus: 773.6mg (77.36%), Vitamin C: 55.79mg (67.63%), Potassium: 2104.06mg (60.12%), Vitamin E: 6.09mg (40.6%), Magnesium: 153.7mg (38.42%), Vitamin B5: 3.07mg (30.69%), Manganese: 0.42mg (21.19%), Vitamin A: 1052.33IU (21.05%), Vitamin B1: 0.29mg (19.43%), Fiber: 4.58g (18.33%), Calcium: 168.3mg (16.83%), Iron: 2.74mg (15.22%), Copper: 0.29mg (14.6%), Folate: 53.19µg (13.3%), Vitamin B3: 2.58mg (12.91%), Zinc: 1.83mg (12.19%), Vitamin B2: 0.08mg (4.73%)