

food
network



HEALTH SCORE

72%

Whole Seabass with Fennel and Orange Zest



Gluten Free



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



3

CALORIES



955 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup champagne vinegar
- ☐ 1.5 cup clementine juice
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 cups olive oil extra virgin
- ☐ 1 heads fennel bulb for garnish
- ☐ 6 cloves garlic
- ☐ 1 orange zest
- ☐ 1 tablespoon parsley chopped

- ☐ 3 servings salt and pepper to taste
- ☐ 3 pound sea bass whole
- ☐ 1 tablespoon shallots chopped
- ☐ 1 teaspoon thyme leaves chopped

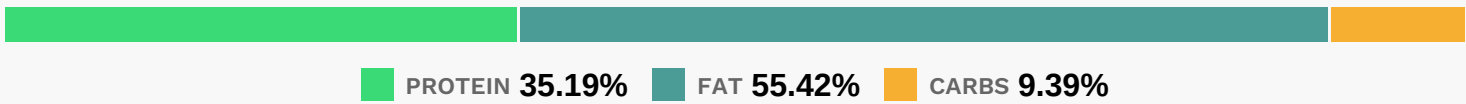
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ grill
- ☐ kitchen scale

Directions

- ☐ Scale and gut whole fish. Stuff with garlic cloves and fennel fronds and marinate with olive oil and freshly grated orange zest. Season fish generously with salt and pepper and place on grill over hot fire. Turn fish and grill on second side.
- ☐ Roast fish in wood burning oven or home oven preheated to 400 degrees. Cook for 10 to 15 minutes, until just cooked through.
- ☐ Place whole fish on serving platter over bed of shaved fennel tossed with Clementine Vinaigrette.
- ☐ Garnish with fennel fronds and fresh market vegetables.
- ☐ Reduce clementine juice over low flame until it becomes syrup. Cool.
- ☐ Combine with vinegar, herbs, and shallots in a small mixing bowl and slowly whisk in olive oil to emulsify. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:60.67, Glycemic Load:2.21, Inflammation Score:-9, Nutrition Score:42.288260998933%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 21.13mg, Hesperetin: 21.13mg, Hesperetin: 21.13mg, Hesperetin: 21.13mg Naringenin: 1.69mg, Naringenin: 1.69mg, Naringenin: 1.69mg, Naringenin: 1.69mg Apigenin: 3.04mg, Apigenin: 3.04mg, Apigenin: 3.04mg, Apigenin: 3.04mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 954.92kcal (47.75%), Fat: 57.83g (88.98%), Saturated Fat: 8.87g (55.44%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 18.61g (6.77%), Sugar: 15.63g (17.36%), Cholesterol: 362.87mg (120.96%), Sodium: 555.03mg (24.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 82.62g (165.25%), Vitamin B12: 17.33µg (288.79%), Selenium: 167.16µg (238.81%), Phosphorus: 971.09mg (97.11%), Vitamin K: 99.15µg (94.43%), Vitamin B6: 1.55mg (77.29%), Vitamin C: 56.29mg (68.23%), Magnesium: 210.99mg (52.75%), Vitamin B3: 10.26mg (51.31%), Potassium: 1775.11mg (50.72%), Vitamin E: 7.38mg (49.19%), Vitamin B5: 3.81mg (38.1%), Vitamin B1: 0.55mg (36.8%), Iron: 5.44mg (30.24%), Manganese: 0.41mg (20.26%), Vitamin A: 986.67IU (19.73%), Folate: 72.9µg (18.22%), Calcium: 154.54mg (15.45%), Zinc: 2.14mg (14.26%), Fiber: 3.46g (13.84%), Copper: 0.26mg (12.87%), Vitamin B2: 0.2mg (11.83%)