



## Whole Striped Bass

 **Gluten Free**  **Dairy Free**

READY IN



**55 min.**

SERVINGS



**4**

CALORIES



**343 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 teaspoons pepper black freshly ground
- 1 large bunch optional: dill fresh
- 1 large bunch parsley fresh for serving
- 2 tablespoons kosher salt
- 1 large optional: lemon thinly sliced
- 3 tablespoons olive oil divided
- 1 large onion thinly sliced
- 2 pound bass fillets whole ()

## Equipment

- oven
- roasting pan
- kitchen thermometer
- aluminum foil

## Directions

- Preheat the oven to 500 degrees F.
- Trim the fins from the fish, rinse and pat dry. Set aside.
- Rub the bottom of a roasting pan with 1 tablespoon of the olive oil.
- Place 1/2 of the parsley, dill, lemon and onion in the center of the roasting pan. Make sure that this mound of aromatics is high enough to prevent the fish from touching the bottom of the pan. Rub the fish inside and out with 1 tablespoon of the oil. Season the fish inside and out with the salt and pepper and lay on the bed of aromatics.
- Place the second half of the aromatics on top of the fish and drizzle with the remaining tablespoon of olive oil. Cover the roasting pan tightly with aluminum foil and cook for 30 to 35 minutes or until the fish reaches an internal temperature of 120 degrees F on an instant-read thermometer.
- Remove from the oven and allow to sit for 10 minutes before transferring whole to a platter lined with the additional fresh parsley.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:32.88, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:28.684347816136%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg,

Naringenin: 0.15mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg

## **Nutrients (% of daily need)**

Calories: 343.39kcal (17.17%), Fat: 16.05g (24.69%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 5.46g (1.98%), Sugar: 2.39g (2.66%), Cholesterol: 181.44mg (60.48%), Sodium: 3655.29mg (158.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.46g (82.91%), Vitamin K: 241.81µg (230.29%), Vitamin B12: 8.66µg (144.39%), Selenium: 83.15µg (118.78%), Phosphorus: 474.26mg (47.43%), Vitamin C: 36.25mg (43.94%), Vitamin B6: 0.76mg (38.16%), Vitamin A: 1435.99IU (28.72%), Magnesium: 105.69mg (26.42%), Vitamin B3: 5.04mg (25.18%), Potassium: 767.51mg (21.93%), Vitamin B5: 1.87mg (18.7%), Iron: 3.23mg (17.95%), Vitamin B1: 0.27mg (17.89%), Folate: 52.71µg (13.18%), Manganese: 0.25mg (12.65%), Vitamin E: 1.68mg (11.18%), Fiber: 2.12g (8.49%), Zinc: 1.16mg (7.75%), Calcium: 76.54mg (7.65%), Copper: 0.13mg (6.63%), Vitamin B2: 0.1mg (5.89%)