



Whole Striped Bass with Lemon and Mint



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large garlic clove coarsely chopped
- ☐ 0.5 cup spring onion chopped (2)
- ☐ 1 optional: lemon cut in half
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons mint leaves fresh whole packed chopped ()
- ☐ 5 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 teaspoons oregano dried
- ☐ 2 pound bass fillets whole bone in cleaned

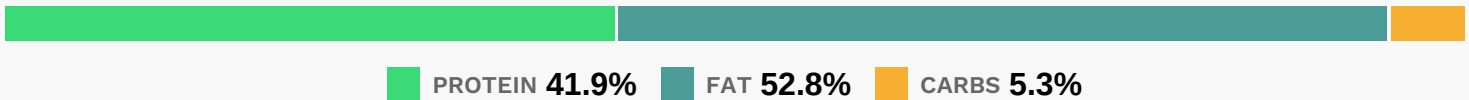
Equipment

- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Arrange rack 6 inches below broiler. Preheatbroiler. Line rimmed baking sheet with foil.
- ☐ Cut 1 lemon half into slices.
- ☐ Cut other halfinto wedges.
- ☐ Place fish on foil.
- ☐ Sprinkle insideand out with salt and pepper. Blend olive oil,onions, chopped mint, lemon juice, oregano,and garlic in mini processor until coarsepuree forms. Season sauce with salt andpepper. Reserve 3 tablespoons sauce.
- ☐ Spreadremaining sauce inside cavity and over fish,rubbing into cuts in flesh.
- ☐ Place lemon slicesand mint sprigs in cavity.
- ☐ Broil fish until cooked through and skinis crisp, about 5 minutes per side.
- ☐ Serve fishwith lemon wedges and reserved sauce.
- ☐ Per serving: 443.30 calories (kcal),53.5 % Calorie from Fat,
- ☐ 35 Fat (g),4.32 Saturated Fat (g),161.79 Cholesterol (mg),3.48 Carbohydrates (g),1.18 Dietary Fiber (g),0.85 Total Sugars (g),2.29 Net Carbs (g),45.17 Protein (g)
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:0.72, Inflammation Score:-9, Nutrition Score:23.878695674565%

Flavonoids

Eriodictyol: 7.11mg, Eriodictyol: 7.11mg, Eriodictyol: 7.11mg, Eriodictyol: 7.11mg Hesperetin: 8.46mg, Hesperetin: 8.46mg, Hesperetin: 8.46mg, Hesperetin: 8.46mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 393.74kcal (19.69%), Fat: 22.98g (35.35%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 3.36g (1.22%), Sugar: 1.11g (1.23%), Cholesterol: 181.44mg (60.48%), Sodium: 160.96mg (7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.03g (82.06%), Vitamin B12: 8.66µg (144.39%), Selenium: 83.12µg (118.74%), Phosphorus: 463.67mg (46.37%), Vitamin K: 42.64µg (40.61%), Vitamin B6: 0.74mg (36.8%), Magnesium: 101.49mg (25.37%), Vitamin B3: 4.97mg (24.87%), Vitamin C: 19.56mg (23.71%), Potassium: 693.34mg (19.81%), Vitamin E: 2.82mg (18.79%), Vitamin B5: 1.79mg (17.93%), Vitamin B1: 0.25mg (16.78%), Iron: 2.92mg (16.25%), Vitamin A: 511.28IU (10.23%), Folate: 38.8µg (9.7%), Manganese: 0.17mg (8.46%), Calcium: 76.88mg (7.69%), Fiber: 1.83g (7.33%), Zinc: 1.05mg (7.01%), Vitamin B2: 0.1mg (5.89%), Copper: 0.11mg (5.61%)