

Baked Striped Bass

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 5

1 3-5 pound whole bass, dressed
salt (to taste)
pepper (to taste)
2 tablespoons salad oil
1/2 cup butter or margarine, melted
1 medium can whole tomatoes,
drained
1 small bay leaf
1/2 cup dry white wine

Preheat the oven to 350 degrees.

Season the fish inside and out with salt and pepper. Lay in a greased shallow casserole.

Bake for 10 minutes.

Remove the casserole from the oven. In a bowl, mix the oil and butter. Drizzle over the fish.

Add the tomatoes, broken into two to three pieces each. Add the bay leaf and the wine. Season the tomatoes.

Return the casserole to the oven. Bake until the fish flakes readily but is still moist, about 10 minutes per pound.

This fish will be easier to serve if you have the backbone removed, but keep the two halves together.

Per Serving (excluding unknown items): 232 Calories; 24g Fat (96.8% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 50mg Cholesterol; 191mg Sodium. Exchanges: 0 Vegetable; 5 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	232	Vitamin B6 (mg):	trace
% Calories from Fat:	96.8%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	2.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	24g	Folacin (mcg):	4mcg
Saturated Fat (g):	12g	Niacin (mg):	trace
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	50mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	191mg
Potassium (mg):	79mg
Calcium (mg):	9mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	5mg
Vitamin A (i.u.):	848IU
Vitamin A (r.e.):	187RE

Alcohol (kcal):	16
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 232	Calories from Fat: 225
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% Daily Values*

Total Fat 24g	37%
Saturated Fat 12g	60%
Cholesterol 50mg	17%
Sodium 191mg	8%
Total Carbohydrates 1g	0%
Dietary Fiber trace	1%
Protein trace	
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Vitamin A	17%
Vitamin C	8%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.