



Baked Striped Bass

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon juice of lemon
- 2 tablespoons mayonnaise light
- 0.5 teaspoon old bay seasoning
- 24 ounce striped bass fillets (3/)
- 1 teaspoon white wine worcestershire sauce

Equipment

- oven
- baking pan

Directions

- Preheat oven to 45
- Place fish in an 8-inch square baking dish coated with cooking spray.
- Combine mayonnaise and remaining 3 ingredients, stirring well.
- Brush mayonnaise mixture evenly over fish.
- Bake, uncovered, at 450 for 8 to 10 minutes or until fish flakes easily when tested with a fork.
- Transfer to a serving platter, and serve immediately.

Nutrition Facts

PROTEIN 68.96% **FAT 28.44%** **CARBS 2.6%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:15.673912885072%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 183.71kcal (9.19%), Fat: 5.54g (8.52%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.42g (0.47%), Cholesterol: 137.2mg (45.73%), Sodium: 194.83mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.21g (60.42%), Vitamin B12: 6.5µg (108.3%), Selenium: 62.29µg (88.99%), Phosphorus: 339.22mg (33.92%), Vitamin B6: 0.51mg (25.7%), Vitamin B3: 3.59mg (17.96%), Magnesium: 68.97mg (17.24%), Potassium: 451.97mg (12.91%), Vitamin B5: 1.28mg (12.81%), Vitamin B1: 0.17mg (11.5%), Iron: 1.61mg (8.93%), Vitamin K: 5.79µg (5.51%), Zinc: 0.7mg (4.64%), Folate: 16.18µg (4.04%), Vitamin A: 165.79IU (3.32%), Vitamin B2: 0.05mg (3.15%), Calcium: 30.07mg (3.01%), Copper: 0.06mg (2.96%), Manganese: 0.04mg (2.16%), Vitamin E: 0.16mg (1.06%)