



 **74%**
HEALTH SCORE

Black Sea Bass with Corn and Jumbo Lump Crab Saute

 **Gluten Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



1

CALORIES



1531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken stock see
- 1 tablespoon chives minced
- 2 ears corn fresh sweet
- 2 to 4 roasted fingerling potatoes
- 1 teaspoon thyme leaves fresh chopped for garnish
- 2 ounces lump crab picked over
- 2 ounces blended olive oil

- 0.3 cup onion diced
- 1 teaspoon poblano pepper diced
- 0.5 bell pepper diced red
- 1 serving salt and pepper black freshly ground
- 8 ounces sea bass fillet black cleaned
- 2 tablespoons butter sweet cold

Equipment

- bowl
- frying pan
- knife
- whisk
- spatula

Directions

- Score the skin side of the sea bass fillet (make a few small slit marks in the skin with a sharp knife). Season the fish with salt and pepper.
- Preheat a medium saute pan over high heat and add 2 ounces of olive oil. When the oil is smoking, add the fish, skin side down. Reduce heat to medium and press fillet with a spatula to crisp the skin. When the skin is browned, flip fish. (The total cooking time for the fish should be 5 minutes).
- Remove from pan and keep warm.
- Add the remaining 2 ounces olive oil to the saute pan.
- Add the corn, onion, red pepper, and poblano pepper and saute for 1 minute.
- Add the crabmeat, chives, and chopped thyme, stirring to blend. Adjust seasoning to taste.
- Add the chicken stock and whisk in the butter to form a sauce. Reduce until sauce consistency.
- Arrange the sauteed vegetable mixture in a large serving bowl. Top with the warm bass fillet and roasted fingerling potatoes.
- Garnish with a sprig of thyme.

Nutrition Facts

PROTEIN 17.77% FAT 51.45% CARBS 30.78%

Properties

Glycemic Index:324.75, Glycemic Load:56.21, Inflammation Score:-10, Nutrition Score:61.956956614619%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg

Nutrients (% of daily need)

Calories: 1531.25kcal (76.56%), Fat: 89.57g (137.8%), Saturated Fat: 24.57g (153.55%), Carbohydrates: 120.57g (40.19%), Net Carbohydrates: 105.21g (38.26%), Sugar: 20.87g (23.19%), Cholesterol: 269.05mg (89.68%), Sodium: 1040.25mg (45.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.63g (139.25%), Vitamin B12: 13.81µg (230.24%), Vitamin C: 188.4mg (228.36%), Selenium: 108.99µg (155.7%), Vitamin B6: 2.51mg (125.36%), Phosphorus: 1047.44mg (104.74%), Potassium: 3323.97mg (94.97%), Vitamin B3: 15.68mg (78.4%), Magnesium: 304.7mg (76.18%), Vitamin A: 3374.3IU (67.49%), Vitamin E: 9.99mg (66.62%), Vitamin B1: 0.97mg (64.74%), Copper: 1.26mg (63.06%), Fiber: 15.37g (61.46%), Manganese: 1.18mg (59.08%), Folate: 235.49µg (58.87%), Vitamin K: 54.96µg (52.34%), Vitamin B5: 4.74mg (47.44%), Zinc: 6.81mg (45.43%), Iron: 7.84mg (43.54%), Vitamin B2: 0.52mg (30.3%), Calcium: 150.87mg (15.09%)