



Black Sea Bass with Moroccan Vegetables and Chile Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon allspice
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 cup broccoli florets
- ☐ 2 large carrots peeled thinly sliced
- ☐ 1 cup cauliflower florets
- ☐ 2 celery stalks thinly sliced
- ☐ 1 cup couscous

- ☐ 2 teaspoons curry powder
- ☐ 0.3 cup feta crumbled
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 3 cloves garlic chopped
- ☐ 1 large bell pepper green cored seeded thinly sliced
- ☐ 1 cup leeks chopped (or onions)
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 teaspoon olive oil
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 2 teaspoons pinenuts
- ☐ 24 ounces fillets sea bass black
- ☐ 4 cups pkt spinach fresh
- ☐ 2 cups tomatoes fresh chopped
- ☐ 0.5 cup vegetable stock fat-free low-sodium,
- ☐ 2 large zucchini cut into 1/4-inch chunks

Equipment

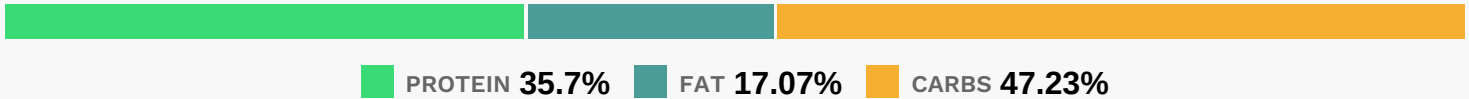
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Line a 9" x 12" baking dish with foil. Set aside.
- ☐ Heat oven to 400°F.
- ☐ Heat oil in a large saucepan over medium heat. Cook leeks, garlic, oregano, curry, allspice and black pepper until leeks become translucent, stirring, 2 to 3 minutes.
- ☐ Add tomato, bell pepper, celery and soy sauce. Cook until pepper softens, 2 to 3 minutes.
- ☐ Add stock. Simmer, covered, 25 to 30 minutes.

- ☐ Place carrots, cauliflower, broccoli and stock in prepared dish.
- ☐ Bake until vegetables begin to soften, 10 to 12 minutes.
- ☐ Remove from oven.
- ☐ Add spinach and zucchini.
- ☐ Place fish on top of vegetables.
- ☐ Drizzle with sauce.
- ☐ Bake until fish is cooked through and vegetables are tender, 15 to 20 minutes. While fish cooks, prepare couscous as directed on package. Top each plate with 1/4 cup couscous, 1/4 of vegetables and 1 fillet.
- ☐ Sprinkle with pine nuts, dill and feta.
- ☐ Serve immediately.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:125.96, Glycemic Load:24.97, Inflammation Score:-10, Nutrition Score:48.989130351854%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg Isorhamnetin: 3.28mg, Isorhamnetin: 3.28mg, Isorhamnetin: 3.28mg, Isorhamnetin: 3.28mg Kaempferol: 4.63mg, Kaempferol: 4.63mg, Kaempferol: 4.63mg, Kaempferol: 4.63mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 14.33mg, Quercetin: 14.33mg, Quercetin: 14.33mg, Quercetin: 14.33mg

Nutrients (% of daily need)

Calories: 487.03kcal (24.35%), Fat: 9.37g (14.42%), Saturated Fat: 2.69g (16.82%), Carbohydrates: 58.34g (19.45%), Net Carbohydrates: 48.42g (17.61%), Sugar: 11.82g (13.13%), Cholesterol: 144.42mg (48.14%), Sodium: 722.07mg (31.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.1g (88.2%), Vitamin A: 10586.4IU (211.73%), Vitamin K: 202.01µg (192.39%), Vitamin C: 121.54mg (147.32%), Vitamin B12: 6.66µg (110.94%), Selenium: 65.68µg (93.82%), Manganese: 1.56mg (77.96%), Vitamin B6: 1.33mg (66.3%), Phosphorus: 624.8mg (62.48%), Potassium: 1774.65mg (50.7%), Folate: 195.37µg (48.84%), Magnesium: 187.21mg (46.8%), Fiber: 9.92g (39.69%), Vitamin B3: 7.73mg (38.66%), Vitamin B1: 0.49mg (32.75%), Vitamin B2: 0.51mg (30.21%), Iron: 5.28mg (29.34%), Vitamin B5: 2.87mg

(28.73%), Copper: 0.46mg (22.89%), Calcium: 224.36mg (22.44%), Zinc: 2.74mg (18.24%), Vitamin E: 2.5mg (16.65%)