



Chilean Sea Bass

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 jalapeno minced seeded
- 2 tablespoons juice of lime fresh
- 1.5 teaspoons lime rind grated
- 1 tablespoon olive oil
- 2 tablespoons orange juice fresh
- 1 Dash salt
- 36 ounce sea bass fillets thick (2 inches)

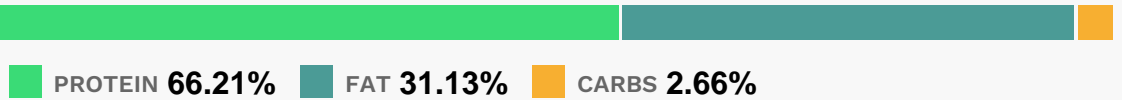
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Preheat oven to 45
- Combine first 5 ingredients (lime juice through jalapeo) in a small bowl; stir well with a whisk.
- Place fillets in an 11 x 7-inch baking dish coated with cooking spray. Spoon lime mixture over fillets.
- Bake for 15 minutes or until fish flakes easily when tested with a fork.
- Sprinkle with salt.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:15.989130380361%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 190.25kcal (9.51%), Fat: 6.32g (9.72%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.67g (0.74%), Cholesterol: 136.08mg (45.36%), Sodium: 124.11mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.24g (60.49%), Vitamin B12: 6.5µg (108.3%), Selenium: 62.11µg (88.72%), Phosphorus: 339.15mg (33.92%), Vitamin B6: 0.52mg (26.22%), Vitamin B3: 3.63mg (18.16%), Magnesium: 69.44mg (17.36%), Potassium: 458.95mg (13.11%), Vitamin B5: 1.3mg (13.01%), Vitamin B1: 0.18mg (11.84%), Vitamin C: 7.25mg (8.78%), Iron: 1.47mg (8.15%), Zinc: 0.69mg (4.61%), Folate: 18.18µg (4.54%), Vitamin A: 192.32IU (3.85%), Vitamin B2: 0.06mg (3.25%), Copper: 0.06mg (2.9%), Vitamin E: 0.43mg (2.89%), Calcium: 27.31mg (2.73%), Vitamin K: 1.88µg (1.79%), Manganese: 0.03mg (1.48%)