



Chilean Sea Bass

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes diced drained canned
- 6 oz mexican chorizo 2-inch-thick cut into slices
- 8 cloves garlic peeled
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 tsp oregano leaves dried
- 0.3 cup parmesan cheese grated kraft
- 1 lb sea bass
- 0.5 cup mozzarella cheese shredded kraft

Equipment

- sauce pan
- grill
- ziploc bags
- skewers

Directions

- Preheat grill to medium-high heat.
- Place fish in large resealable plastic bag.
- Add combined dressing and Parmesan cheese; seal bag. Turn bag over several times to evenly coat fish with the dressing mixture. Marinate in refrigerator until ready to use.
- Thread chorizo and garlic evenly onto skewers. Grill 7 to 8 min. or until chorizo is cooked through, turning occasionally.
- Remove chorizo and garlic from skewers; cut into thin slices.
- Place in small saucepan.
- Add tomatoes and oregano; mix well. Bring to boil on medium-high heat. Reduce heat to low; simmer 10 min., stirring occasionally.
- Meanwhile, remove fish from marinade; discard bag and marinade. Grill fish 4 to 5 min. on each side or until fish flakes easily with fork.
- Place fish on individual plates or serving platter; top each fillet with 1/2 cup of the tomato mixture and 2 Tbsp. of the mozzarella cheese.

Nutrition Facts



Properties

Glycemic Index:2.57, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.093478296438%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 45.41kcal (2.27%), Fat: 2.72g (4.18%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.66g (0.73%), Cholesterol: 15.29mg (5.1%), Sodium: 81.2mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.59%), Vitamin B12: 0.54µg (9.02%), Selenium: 5.43µg (7.76%), Phosphorus: 39.64mg (3.96%), Vitamin B6: 0.06mg (3.19%), Vitamin K: 2.59µg (2.47%), Calcium: 22.35mg (2.24%), Iron: 0.36mg (2.01%), Magnesium: 7.48mg (1.87%), Vitamin B3: 0.37mg (1.83%), Potassium: 63.24mg (1.81%), Vitamin C: 1.28mg (1.56%), Vitamin B1: 0.02mg (1.39%), Manganese: 0.03mg (1.34%), Vitamin A: 61.43IU (1.23%), Vitamin B5: 0.12mg (1.2%), Vitamin E: 0.17mg (1.12%), Vitamin B2: 0.02mg (1.07%), Zinc: 0.16mg (1.05%)