



Cumin-Crusted Chilean Sea Bass



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon cumin seeds
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 lemon wedges
- ☐ 0.5 teaspoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chilean sea bass fillets ()

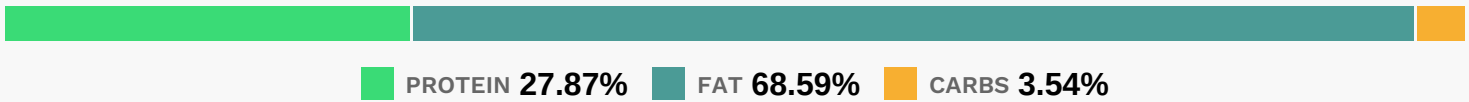
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Cook cumin seeds in a large skillet over medium heat 2 minutes or until toasted.
- ☐ Place cumin, salt, and pepper in a spice or coffee grinder; process until finely ground. Rub cumin mixture over top and bottom sides of fillets.
- ☐ Heat oil in pan over medium-high heat.
- ☐ Add fillets; cook for 2 minutes on each side or until browned. Wrap handle of pan with foil.
- ☐ Bake at 375 for 4 minutes or until fish flakes easily when tested with a fork.
- ☐ Sprinkle with parsley; serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:3.7804347451614%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 286.75kcal (14.34%), Fat: 21.98g (33.82%), Saturated Fat: 4.76g (29.78%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.5g (0.56%), Cholesterol: 74.84mg (24.95%), Sodium: 378.07mg (16.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.1g (40.2%), Vitamin K: 33.39µg (31.8%), Vitamin C: 12.32mg (14.93%), Vitamin A: 532.37IU (10.65%), Iron: 1.24mg (6.92%), Manganese: 0.08mg (3.76%), Fiber: 0.76g (3.04%), Calcium: 22.14mg (2.21%), Magnesium: 8.15mg (2.04%), Potassium: 64.47mg (1.84%), Folate: 5.19µg (1.3%),

Copper: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.23%), Phosphorus: 11.72mg (1.17%), Vitamin B6: 0.02mg (1.15%),
Vitamin E: 0.17mg (1.1%)