



Cumin-Dusted Sea Bass on Green Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 2 tablespoons flat parsley fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon ground cumin
- ☐ 2 fillet halibut 1-inch-thick () (18 oz total)

- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons blackstrap molasses
- ☐ 0.3 teaspoon olive oil
- ☐ 1 small onion chopped
- ☐ 0.5 cup rice long-grain
- ☐ 0.8 teaspoon salt
- ☐ 1.3 cups water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 500°F.
- ☐ Bring water to a boil in a 2-quart saucepan, then add rice, onion, garlic, bay leaf, salt, and pepper to taste. Return to a boil, cover, and reduce heat to low. Cook until rice is tender and liquid is absorbed, 15 to 17 minutes. Fluff rice with a fork and let stand, covered, 5 minutes. Stir in herbs just before serving.
- ☐ Pat fillets dry and sprinkle with cumin and salt and pepper to taste on both sides.
- ☐ Heat oil in a well-seasoned 10-inch cast-iron skillet over high heat until hot but not smoking, then sear fillets until browned on 1 side, about 5 minutes. Turn fillets over and put skillet in oven. Roast fillets in upper third of oven until just cooked through, 6 to 8 minutes.
- ☐ Whisk together broth, juice, molasses, and cornstarch in a small skillet and simmer, whisking, until slightly thickened, 4 to 5 minutes. Halve each fillet crosswise and serve over rice. Spoon sauce over and around fish.
- ☐ Each serving, including rice, about 301 calories and 4 grams fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:57.8, Glycemic Load:14.94, Inflammation Score:-5, Nutrition Score:6.6982608929924%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 269.54kcal (13.48%), Fat: 11.16g (17.17%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 30.23g (10.08%), Net Carbohydrates: 29.41g (10.69%), Sugar: 8.58g (9.54%), Cholesterol: 37.4mg (12.47%), Sodium: 605.65mg (26.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.08g (24.17%), Vitamin K: 33.81µg (32.2%), Manganese: 0.48mg (24.11%), Vitamin C: 9.06mg (10.99%), Magnesium: 37.28mg (9.32%), Selenium: 6.26µg (8.94%), Vitamin B6: 0.16mg (7.95%), Vitamin A: 367.92IU (7.36%), Potassium: 251.67mg (7.19%), Copper: 0.14mg (7.03%), Iron: 1.25mg (6.95%), Calcium: 47.23mg (4.72%), Phosphorus: 46.15mg (4.61%), Vitamin B5: 0.41mg (4.07%), Vitamin B3: 0.73mg (3.63%), Fiber: 0.83g (3.3%), Vitamin B1: 0.04mg (2.81%), Zinc: 0.4mg (2.68%), Folate: 10.28µg (2.57%), Vitamin B2: 0.03mg (1.77%)