



Ginger-Miso Striped Bass in Shiitake Mushroom Broth

 Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 3 spring onion dark minced thinly sliced
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 4 tablespoons miso paste red divided (aka-miso)
- ☐ 4 ounces mushroom caps stemmed thinly sliced
- ☐ 12 ounce bass fillets skinless

- ☐ 4 tablespoons vegetable oil divided
- ☐ 2 cups water

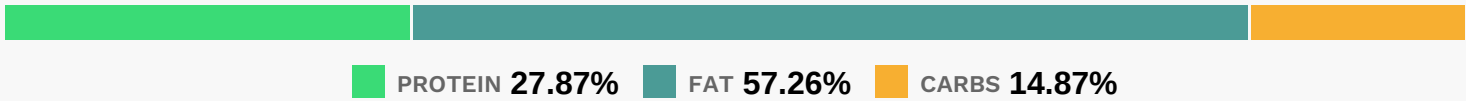
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk 2 cups water and 2 tablespoons red miso in medium saucepan.
- ☐ Add shiitake mushrooms and simmer over medium heat until mushrooms are soft, about 5 minutes. Stir in dark and pale green onion tops. Cover to keep warm and set aside.
- ☐ Meanwhile, mix 2 tablespoons red miso, minced white part of green onion, 2 tablespoons vegetable oil, and minced fresh ginger in small bowl.
- ☐ Sprinkle striped bass fillets with salt and pepper.
- ☐ Spread ginger mixture over 1 side of bass fillets, pressing to adhere.
- ☐ Sprinkle panko over coated side of fillets; press to adhere.
- ☐ Heat 2 tablespoons vegetable oil in medium nonstick skillet over medium-high heat.
- ☐ Add fillets to skillet, coated side down, and sauté until brown and crisp, about 3 minutes. Turn fillets over and sauté until cooked through, about 3 minutes. Divide shiitake mushroom broth and shiitake mushrooms between 2 shallow bowls.
- ☐ Place 1 fish fillet in center of each bowl.
- ☐ Sprinkle chopped fresh cilantro over and serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:86, Glycemic Load:5.28, Inflammation Score:-7, Nutrition Score:28.935217370158%

Flavonoids

Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 530.25kcal (26.51%), Fat: 33.94g (52.22%), Saturated Fat: 5.46g (34.13%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 15.7g (5.71%), Sugar: 4.4g (4.89%), Cholesterol: 136.08mg (45.36%), Sodium: 1460.78mg (63.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.18g (74.35%), Vitamin B12: 6.55µg (109.19%), Selenium: 69.72µg (99.6%), Vitamin K: 98.05µg (93.38%), Phosphorus: 474.63mg (47.46%), Vitamin B6: 0.77mg (38.49%), Vitamin B3: 6.7mg (33.49%), Manganese: 0.55mg (27.71%), Magnesium: 106.42mg (26.61%), Vitamin B5: 2.3mg (23.03%), Potassium: 758.64mg (21.68%), Vitamin B1: 0.3mg (19.69%), Copper: 0.36mg (17.8%), Vitamin B2: 0.3mg (17.6%), Iron: 3.16mg (17.58%), Fiber: 4.13g (16.53%), Zinc: 2.35mg (15.67%), Vitamin E: 2.35mg (15.63%), Folate: 49.13µg (12.28%), Calcium: 80.44mg (8.04%), Vitamin A: 368.88IU (7.38%), Vitamin C: 3.59mg (4.35%), Vitamin D: 0.23µg (1.51%)