



Ginger Sea Bass over Wilted Greens



Dairy Free

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READY IN

ready

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35 min.

SERVINGS

servings

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6

CALORIES

calories

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153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups baby spinach leaves fresh
- ☐ 2 tablespoons basil leaves fresh thinly sliced
- ☐ 4 teaspoons ginger fresh minced peeled
- ☐ 2 teaspoons garlic minced
- ☐ 1 lime quartered
- ☐ 0.5 cup marsala wine dry
- ☐ 20 ounce sea bass fillets
- ☐ 2 teaspoons sesame oil

☐ 8 teaspoons soya sauce

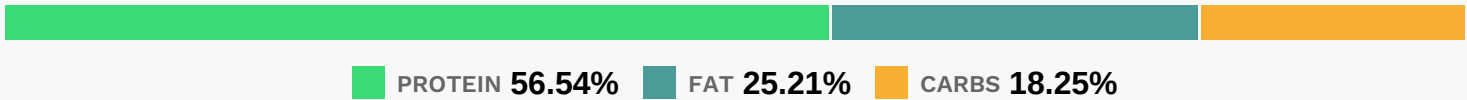
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cut 4 (12-inch-square pieces) of aluminum foil. Preheat the oven to 400 degrees F.
- ☐ Working with 1 foil sheet at a time, place the foil sheets on the work surface.
- ☐ Place 1 1/2 cups of spinach in the center of each foil sheet. Top with a sea bass fillet.
- ☐ Sprinkle with 1 teaspoon of ginger and 1/2 teaspoon of garlic, then drizzle 2 tablespoons of Marsala, 2 teaspoons of soy sauce, and 1/2 teaspoon sesame oil over the fish and spinach. Gather the foil sheets over the fish. Fold in the foil edges and pinch tightly to seal.
- ☐ Place the foil packages on a heavy large baking sheet.
- ☐ Bake until the spinach wilts and the fish is just cooked through, about 10 minutes.
- ☐ Transfer the packages to wide shallow bowls. Cool 5 minutes. Open package and fold down to reveal fish, being careful of hot steam. Squeeze the lime juice over the fish.
- ☐ Sprinkle with the basil and serve.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:0.6, Inflammation Score:-9, Nutrition Score:20.075652205426%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg

1.51mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 153.21kcal (7.66%), Fat: 3.7g (5.69%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 4.94g (1.8%), Sugar: 2.04g (2.27%), Cholesterol: 75.6mg (25.2%), Sodium: 538.18mg (23.4%), Alcohol: 3.06g (100%), Alcohol %: 2.31% (100%), Protein: 18.68g (37.36%), Vitamin K: 147.93µg (140.89%), Vitamin B12: 3.61µg (60.16%), Vitamin A: 2938.99IU (58.78%), Selenium: 35.15µg (50.22%), Phosphorus: 218.37mg (21.84%), Vitamin B6: 0.38mg (18.92%), Manganese: 0.38mg (18.77%), Folate: 69.67µg (17.42%), Magnesium: 68.42mg (17.1%), Vitamin C: 12.18mg (14.76%), Potassium: 467.58mg (13.36%), Vitamin B3: 2.61mg (13.03%), Iron: 1.96mg (10.88%), Vitamin B1: 0.13mg (8.81%), Vitamin B5: 0.8mg (7.99%), Vitamin B2: 0.11mg (6.18%), Calcium: 53.96mg (5.4%), Copper: 0.1mg (5.2%), Vitamin E: 0.66mg (4.41%), Fiber: 1.1g (4.38%), Zinc: 0.62mg (4.13%)