

DINNER

Grilled Apple-Smoked Striped Bass

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$3.64	199 kcal



Grilled Apple-Smoked Striped Bass is a gluten free, dairy free, fodmap friendly, and whole 30 main course. One serving contains 199 calories, 31g of protein, and 6g of fat. This recipe serves 8. For \$3.64 per serving, this recipe covers 19% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ½ teaspoon freshly ground black pepper
- ☐ 1 lemon, thinly sliced
- ☐ 3 pound striped bass fillet (about 1 inch thick)
- ☐ ¼ cup apple wood chips
- ☐ 2 dried habanero chiles
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon peanut or vegetable oil

EQUIPMENT Bowl, Grill, Aluminum foil

Method

- 1 Cover apple wood chips with water, and soak for 1 hour.
- 2 Drain well.
- 3 Place chiles in a spice or coffee grinder; process until finely ground.
- 4 Place 1/8 teaspoon ground chile in a small bowl (reserve remaining ground chile for another use).
- 5 Add oil, salt, and black pepper, stirring to combine. Rub spice mixture over fish; refrigerate 30 minutes.
- 6 Prepare grill.
- 7 Place wood chips on hot coals. Coat a large piece of heavy-duty aluminum foil with cooking spray; pierce foil several times with a fork.
- 8 Place foil on grill rack coated with cooking spray.
- 9 Place fish on foil; arrange lemon slices over fish. Grill 20 minutes or until fish flakes easily when tested with a fork.
- 10 Serve immediately.

Nutrition per serving

199 KCAL	31 g PROTEIN	6 g FAT	4 g CARBS
Saturated Fat			1.1 g · 7% of daily needs
Fibre			0.6 g · 2% of daily needs
Sugar			0.9 g · 1% of daily needs
Sodium			409 mg · 18% of daily needs
Cholesterol			136 mg · 45% of daily needs
Vitamin C			23.5 mg · 29% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/grilled-apple-smoked-striped-bass-148346