



Grilled Apple-Smoked Striped Bass



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 habanero chiles dried
- ☐ 1 optional: lemon thinly sliced
- ☐ 1 teaspoon salt
- ☐ 3 pound striped bass fillet ()
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup apple wood chips

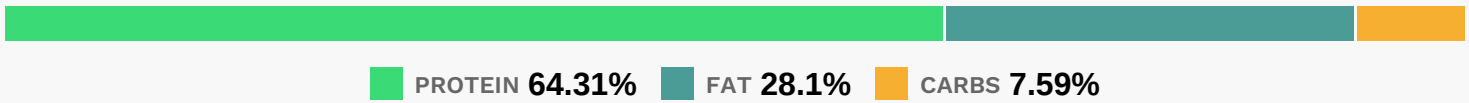
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Cover apple wood chips with water, and soak for 1 hour.
- ☐ Drain well.
- ☐ Place chiles in a spice or coffee grinder; process until finely ground.
- ☐ Place 1/8 teaspoon ground chile in a small bowl (reserve remaining ground chile for another use).
- ☐ Add oil, salt, and black pepper, stirring to combine. Rub spice mixture over fish; refrigerate 30 minutes.
- ☐ Prepare grill.
- ☐ 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.
- ☐ Place foil on grill rack coated with cooking spray.
- ☐ Place fish on foil; arrange lemon slices over fish. Grill 20 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.81, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:17.786087051682%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 198.66kcal (9.93%), Fat: 6.03g (9.28%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 3.09g (1.12%), Sugar: 0.93g (1.04%), Cholesterol: 136.08mg (45.36%), Sodium: 409.36mg (17.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.06g (62.11%), Vitamin B12: 6.5µg (108.3%), Selenium: 62.2µg (88.86%), Phosphorus: 352.12mg (35.21%), Vitamin B6: 0.58mg (28.92%), Vitamin C: 23.54mg (28.54%), Vitamin B3: 3.79mg (18.93%), Magnesium: 74.96mg (18.74%), Potassium: 492.02mg (14.06%), Vitamin B5: 1.33mg (13.26%), Vitamin B1: 0.18mg (12.25%), Iron: 1.68mg (9.31%), Vitamin A: 263.84IU (5.28%), Zinc: 0.76mg (5.05%), Folate: 19.4µg (4.85%), Vitamin K: 4.91µg (4.67%), Vitamin B2: 0.08mg (4.61%), Copper: 0.09mg (4.45%), Manganese: 0.08mg (4.1%), Calcium: 40.94mg (4.09%), Fiber: 0.58g (2.31%), Vitamin E: 0.24mg (1.59%)