



Grilled bass with sauce vierge

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g butter melted
- ☐ 4 fillet sea bass
- ☐ 100 g cherry tomatoes finely chopped
- ☐ 2 tsp capers
- ☐ 0.5 juice of lemon
- ☐ 1 shallots finely chopped
- ☐ 100 ml olive oil extra-virgin
- ☐ 1 handful torn basil leaves and chives chopped

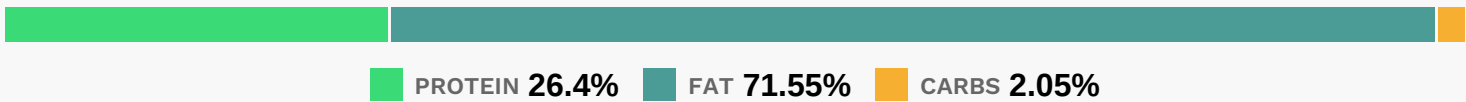
Equipment

- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Line a grill pan with foil and brush lightly with butter.
- ☐ Brush the fish on both sides with butter and season.
- ☐ Lay on the foil, skin-side up.
- ☐ Put the tomatoes and shallot in a pan with the capers, lemon juice and oil, and season.
- ☐ Grill the bass for 5–7 mins under a hot grill until just cooked and the skin is starting to brown. Meanwhile, warm the sauce through for 2 mins, then stir in some of the torn basil leaves. Lift the bass onto warmed plates using a fish slice and spoon the sauce around.
- ☐ Serve with steamed new potatoes or small baked potatoes, and add the remaining basil and chives.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:18.731738940529%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 466.46kcal (23.32%), Fat: 36.98g (56.89%), Saturated Fat: 10.45g (65.28%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 1.95g (0.71%), Sugar: 1.22g (1.36%), Cholesterol: 162.88mg (54.29%), Sodium: 229.38mg (9.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.69g (61.39%), Vitamin B12: 6.52µg (108.59%), Selenium: 62.39µg (89.13%), Phosphorus: 351.03mg (35.1%), Vitamin B6: 0.55mg (27.72%), Vitamin E: 3.74mg (24.92%), Vitamin B3: 3.74mg (18.68%), Magnesium: 72.69mg (18.17%), Vitamin K: 17.69µg (16.84%), Potassium: 519.54mg (14.84%), Vitamin B5: 1.35mg (13.45%), Vitamin A: 615.85IU (12.32%), Vitamin B1: 0.18mg (12.31%), Iron: 1.84mg (10.22%), Vitamin C: 7.78mg (9.44%), Folate: 22.37µg (5.59%), Zinc: 0.76mg (5.07%), Copper: 0.08mg (4.16%), Manganese: 0.08mg (3.85%), Vitamin B2: 0.06mg (3.78%), Calcium: 35.3mg (3.53%), Fiber: 0.43g (1.71%)