



Grilled Fish with Orange-Fennel Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium fennel bulb trimmed cut into matchstick-size strips
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 1 garlic clove thinly sliced
- ☐ 5 tablespoons olive oil
- ☐ 3 cranberry-orange relish
- ☐ 0.5 medium size onion red thinly sliced
- ☐ 24 ounce sea bass fillets

- ☐ 2 teaspoons soya sauce
- ☐ 2 teaspoons sugar
- ☐ 3 tablespoons citrus champagne vinegar

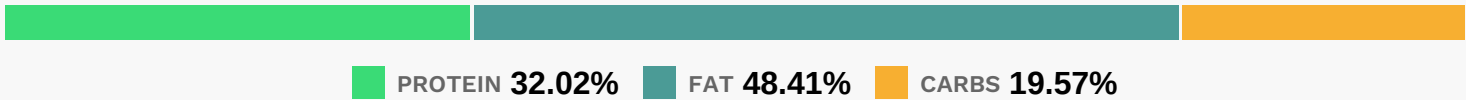
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ pie form

Directions

- ☐ Whisk 2 tablespoons oil, vinegar, cilantro, 2 teaspoons soy sauce, ginger and sugar in medium bowl.
- ☐ Cut peel and white pith from oranges; discard. Holding oranges over bowl to catch juices, cut between membranes to release segments into bowl.
- ☐ Add fennel and onion; toss gently. Season with salt and pepper. (Salsa can be made 3 hours ahead. Cover; chill.)
- ☐ Prepare barbecue (medium-high heat).
- ☐ Mix 3 tablespoons oil, 1 tablespoon soy sauce and garlic in glass pie dish. Turn fish in oil mixture to coat.
- ☐ Sprinkle fish with salt and pepper. Grill until just opaque in center, about 3 minutes per side.
- ☐ Transfer to plates. Spoon salsa over.

Nutrition Facts



Properties

Glycemic Index:69.15, Glycemic Load:6.83, Inflammation Score:-7, Nutrition Score:26.206521842791%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 26.77mg, Hesperetin: 26.77mg, Hesperetin: 26.77mg, Hesperetin: 26.77mg Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 403.11kcal (20.16%), Fat: 21.73g (33.44%), Saturated Fat: 3.35g (20.96%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 15.3g (5.56%), Sugar: 14.14g (15.71%), Cholesterol: 136.08mg (45.36%), Sodium: 317.54mg (13.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.35g (64.7%), Vitamin B12: 6.5µg (108.3%), Selenium: 63.21µg (90.29%), Vitamin C: 60.7mg (73.58%), Vitamin K: 47.96µg (45.68%), Phosphorus: 390.17mg (39.02%), Vitamin B6: 0.63mg (31.52%), Potassium: 894.71mg (25.56%), Magnesium: 91.5mg (22.88%), Vitamin B3: 4.37mg (21.86%), Vitamin E: 3.05mg (20.31%), Vitamin B1: 0.27mg (18.09%), Fiber: 4.47g (17.88%), Vitamin B5: 1.69mg (16.93%), Folate: 63.99µg (16%), Iron: 2.23mg (12.37%), Manganese: 0.22mg (10.77%), Calcium: 99.76mg (9.98%), Vitamin A: 466.38IU (9.33%), Copper: 0.15mg (7.56%), Vitamin B2: 0.12mg (7.01%), Zinc: 0.92mg (6.13%)