



## Grilled Sea Bass with Chili-Lime Dressing



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



133 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons asian fish sauce
- ☐ 1 tablespoon cilantro leaves coarsely chopped to taste
- ☐ 1 clove garlic finely minced to taste
- ☐ 2 tablespoons juice of lime
- ☐ 1 lime zest
- ☐ 1 tablespoon asian chile pepper sauce (such as sambal oelek)
- ☐ 4 servings salt to taste
- ☐ 16 ounce fillets sea bass

- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 1 teaspoon asian sesame oil   toasted ()

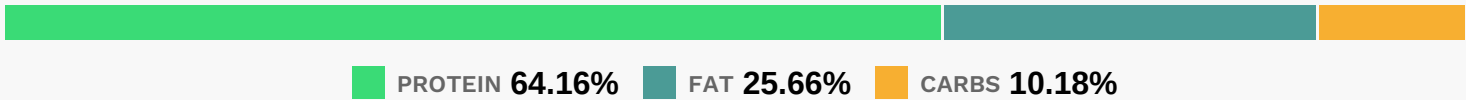
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

## Directions

- ☐ Preheat an outdoor grill for high heat and lightly oil the grate.
- ☐ Whisk garlic, lime zest, rice vinegar, fish sauce, lime juice, chile pepper sauce, and sesame oil in a glass bowl.
- ☐ Brush both sides of sea bass fillets with vegetable oil and sprinkle lightly with salt.
- ☐ Cook on the preheated grill until fish is opaque, shows good grill marks, and springs back when pressed lightly, 3 to 4 minutes per side.
- ☐ Transfer fillets to a serving platter.
- ☐ Whisk dressing again; taste and and adjust seasoning.
- ☐ Drizzle dressing over warm fish.
- ☐ Sprinkle fillets with cilantro leaves.

## Nutrition Facts



## Properties

Glycemic Index:47.25, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:12.35043462463%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 132.97kcal (6.65%), Fat: 3.7g (5.7%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 3.3g (1.1%), Net Carbohydrates: 2.73g (0.99%), Sugar: 0.95g (1.05%), Cholesterol: 90.72mg (30.24%), Sodium: 979.69mg (42.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.66%), Vitamin B12: 4.38µg (72.92%), Selenium: 42.45µg (60.64%), Phosphorus: 232.35mg (23.24%), Vitamin B6: 0.41mg (20.72%), Magnesium: 63.88mg (15.97%), Vitamin C: 12.82mg (15.54%), Vitamin B3: 2.69mg (13.43%), Potassium: 357.88mg (10.23%), Vitamin B5: 0.92mg (9.19%), Vitamin B1: 0.13mg (8.38%), Iron: 1.19mg (6.6%), Folate: 17.83µg (4.46%), Zinc: 0.52mg (3.44%), Manganese: 0.07mg (3.28%), Vitamin A: 157.78IU (3.16%), Copper: 0.06mg (3.03%), Calcium: 30.01mg (3%), Vitamin B2: 0.05mg (2.81%), Fiber: 0.57g (2.3%), Vitamin K: 1.13µg (1.08%)