



Grilled Sea Bass with Citrus-Olive Butter



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 1 tablespoon kalamata olives finely chopped
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 0.5 teaspoon balsamic vinegar
- ☐ 0.3 teaspoon orange zest grated
- ☐ 1 lb sea bass fillets
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 teaspoon salt

☐ 0.1 teaspoon pepper

Equipment

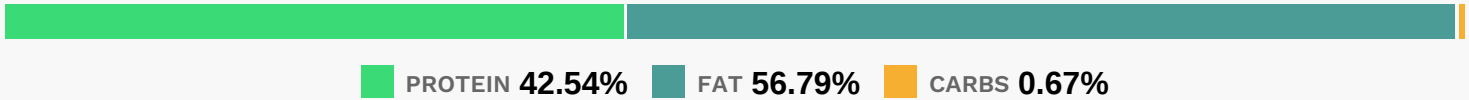
☐ bowl

☐ grill

Directions

- ☐ In small bowl, mix Citrus-Olive Butter ingredients. Refrigerate about 30 minutes or until firm.
- ☐ Heat gas or charcoal grill.
- ☐ Brush all surfaces of fish fillet with oil; sprinkle with salt and pepper.
- ☐ Place fish on grill over medium heat. Cover grill; cook 10 to 13 minutes, turning fish after 5 minutes, until fish flakes easily with fork.
- ☐ Serve with Citrus-Olive Butter.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:11.159999886285%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 194.13kcal (9.71%), Fat: 11.99g (18.44%), Saturated Fat: 2.3g (14.4%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.11g (0.12%), Cholesterol: 90.72mg (30.24%), Sodium: 320.99mg (13.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.2g (40.4%), Vitamin B12: 4.34µg (72.31%), Selenium: 41.41µg (59.16%), Phosphorus: 226.49mg (22.65%), Vitamin B6: 0.34mg (17.09%), Vitamin B3: 2.39mg (11.95%), Magnesium: 46.03mg (11.51%), Vitamin B5: 0.86mg (8.59%), Potassium: 296.18mg (8.46%), Vitamin B1: 0.11mg (7.65%), Vitamin A: 365.39IU (7.31%), Vitamin K: 7.2µg (6.86%), Iron: 0.98mg (5.44%), Vitamin E: 0.57mg (3.82%), Zinc: 0.46mg (3.05%), Folate: 10.46µg (2.61%), Vitamin B2: 0.04mg (2.18%), Calcium: 20.96mg (2.1%), Copper: 0.04mg (1.94%), Manganese: 0.03mg (1.31%)