



Grilled Sea Bass with Jalapeno-Mango Salsa

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings rice white cooked
- 2 tablespoons cilantro leaves fresh chopped
- 2 jalapeño chiles whole
- 1 juice of lime juiced
- 4 servings kosher salt and pepper black freshly ground
- 1 lime
- 2 mangoes diced pitted peeled
- 4 servings olive oil

- 0.3 large onion red minced
- 12 ounce sea bass white black (, or striped)
- 2 tablespoons vegetable oil

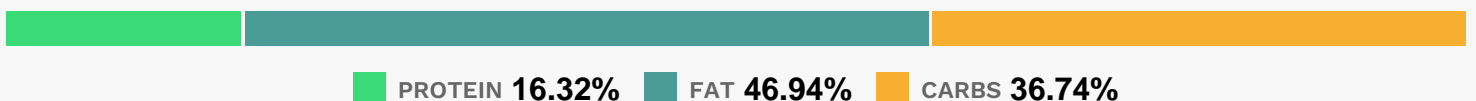
Equipment

- frying pan
- mixing bowl
- stove
- grill pan

Directions

- Heat a grill pan on the stovetop over medium-high heat.
- Drizzle the fish on both sides with olive oil and sprinkle with salt and pepper.
- Place the fish onto the hot grill pan and cook until opaque in the center, about 5 minutes per side.
- Transfer to a plate. Top each piece of fish with 1/2 cup Jalapeno-Mango Salsa and serve with lime wedges. Accompany with white rice if desired.
- Heat the vegetable oil in a small saute pan over medium-high heat. Lightly fry the jalapeno chiles, turning them in the pan until their skins are blistered, about 5 minutes. Set aside to cool. Once cooled, stem, seed and finely chop the jalapeno chiles and place them into a large mixing bowl.
- Add the cilantro, mangoes, lime juice and onions and season with salt and pepper.
- Serve immediately or store the salsa in the refrigerator in an airtight container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:78.94, Glycemic Load:31.74, Inflammation Score:-8, Nutrition Score:19.400000095367%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg 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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 443.15kcal (22.16%), Fat: 23.47g (36.11%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 41.34g (13.78%), Net Carbohydrates: 38.52g (14.01%), Sugar: 15.21g (16.9%), Cholesterol: 68.04mg (22.68%), Sodium: 61.87mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.36g (36.71%), Vitamin C: 53.66mg (65.05%), Vitamin B12: 3.25µg (54.15%), Selenium: 37.73µg (53.9%), Vitamin K: 27.53µg (26.22%), Vitamin A: 1298.18IU (25.96%), Vitamin E: 3.85mg (25.64%), Vitamin B6: 0.5mg (25%), Manganese: 0.48mg (24.14%), Phosphorus: 224.99mg (22.5%), Folate: 59.96µg (14.99%), Vitamin B3: 2.94mg (14.7%), Magnesium: 57.41mg (14.35%), Potassium: 475.02mg (13.57%), Vitamin B5: 1.23mg (12.28%), Fiber: 2.81g (11.26%), Copper: 0.22mg (10.82%), Vitamin B1: 0.14mg (9.53%), Iron: 1.27mg (7.06%), Zinc: 0.87mg (5.79%), Vitamin B2: 0.09mg (5.11%), Calcium: 41.76mg (4.18%)