



Grilled Sea Bass with Mango Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



23 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons green onions chopped
- ☐ 24 ounce pacific halibut filets thick ()
- ☐ 1 jalapeno minced seeded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup mangos fresh diced (1 mango)

- ☐ 0.5 cup bell pepper diced red
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt

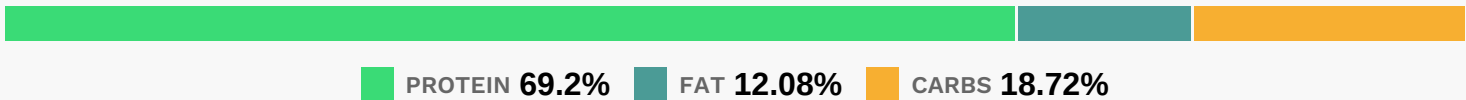
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 8 ingredients in a bowl. Cover and chill at least 2 hours.
- ☐ Prepare grill.
- ☐ Coat fish lightly with cooking spray; sprinkle with 1/4 teaspoon salt and black pepper.
- ☐ Place fish on grill rack coated with cooking spray. Grill 5 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Serve with mango salsa.

Nutrition Facts



Properties

Glycemic Index:72.94, Glycemic Load:3.27, Inflammation Score:-8, Nutrition Score:23.509565156439%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 189.89kcal (9.49%), Fat: 2.51g (3.86%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 7.42g (2.7%), Sugar: 6.79g (7.55%), Cholesterol: 83.35mg (27.78%), Sodium: 336.18mg (14.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.36g (64.72%), Selenium: 77.99µg (111.42%), Vitamin B3: 11.62mg (58.1%), Vitamin C: 46.32mg (56.15%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1.07mg (53.3%), Phosphorus: 416.94mg (41.69%), Vitamin B12: 1.87µg (31.18%), Vitamin A: 1283.06IU (25.66%), Potassium: 884.18mg (25.26%), Folate: 51µg (12.75%), Vitamin E: 1.89mg (12.59%), Vitamin K: 12.86µg (12.25%), Magnesium: 47.87mg (11.97%), Vitamin B1: 0.11mg (7.59%), Vitamin B5: 0.76mg (7.58%), Manganese: 0.11mg (5.42%), Vitamin B2: 0.09mg (5.36%), Fiber: 1.33g (5.33%), Copper: 0.1mg (5.03%), Zinc: 0.73mg (4.9%), Iron: 0.52mg (2.9%), Calcium: 24.09mg (2.41%)