



Grilled Sea Bass with Miso-Mustard Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon dijon mustard hot chinese-style prepared
- ☐ 8 green onions trimmed
- ☐ 2 tablespoons mirin sweet (Japanese rice wine)
- ☐ 4 servings olive oil
- ☐ 3 tablespoons rice vinegar
- ☐ 20 ounce sea bass fillets
- ☐ 4 servings sesame seed toasted
- ☐ 1 teaspoon soya sauce

- ☐ 4 teaspoons sugar
- ☐ 2 teaspoons water
- ☐ 0.3 cup miso white (fermented soybean paste)

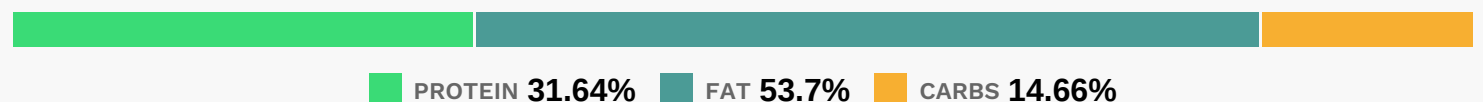
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk water and mustard in small bowl until smooth.
- ☐ Combine miso, vinegar, mirin, sugar and soy sauce in small saucepan. Stir over medium heat until smooth, about 3 minutes.
- ☐ Whisk in mustard mixture. (Can be made 1 day ahead. Rewarm over low heat before using.)
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush fish and green onions with oil.
- ☐ Sprinkle both with salt and pepper. Grill fish until opaque in center, about 4 minutes per side. Grill onions until beginning to brown, about 3 minutes per side.
- ☐ Transfer fish and onions to 4 plates.
- ☐ Spread sauce atop fish.
- ☐ Sprinkle sesame seeds over sauce and serve.
- ☐ *Available at Japanese markets and natural foods stores and in the Asian foods section of some supermarkets.
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Nutrition Facts



Properties

Glycemic Index:73.77, Glycemic Load:6.3, Inflammation Score:-6, Nutrition Score:23.346087165501%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 389.42kcal (19.47%), Fat: 22.76g (35.01%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 11.1g (4.04%), Sugar: 6.04g (6.72%), Cholesterol: 113.4mg (37.8%), Sodium: 1055.69mg (45.9%), Alcohol: 1.21g (100%), Alcohol %: 0.64% (100%), Protein: 30.17g (60.34%), Vitamin B12: 5.43µg (90.55%), Selenium: 56.86µg (81.23%), Vitamin K: 64.84µg (61.75%), Phosphorus: 380.53mg (38.05%), Vitamin B6: 0.55mg (27.63%), Magnesium: 102.37mg (25.59%), Copper: 0.49mg (24.58%), Manganese: 0.47mg (23.64%), Iron: 3.43mg (19.04%), Vitamin B3: 3.74mg (18.69%), Vitamin B1: 0.24mg (16.26%), Potassium: 522.07mg (14.92%), Vitamin E: 2.17mg (14.5%), Calcium: 132.04mg (13.2%), Zinc: 1.89mg (12.57%), Vitamin B5: 1.17mg (11.72%), Fiber: 2.87g (11.48%), Folate: 40.59µg (10.15%), Vitamin B2: 0.14mg (8.16%), Vitamin A: 388.4IU (7.77%), Vitamin C: 4.52mg (5.48%)