

Grilled Striped Bass



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



8 servings sauce



6 pound bass fillets whole cleaned

Equipment

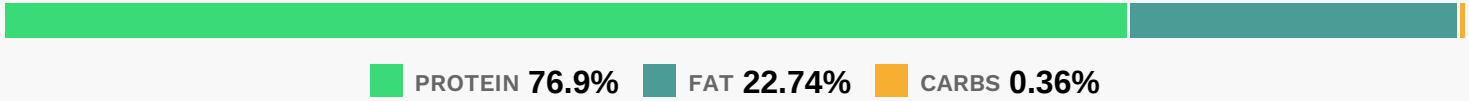


grill

Directions

- ☐
- Prepare grill. Pat fish dry and season generously inside and out with salt and pepper. Grill fish on a well-oiled rack set 5 to 6 inches over glowing coals 8 to 10 minutes on each side, or until just cooked through in thickest part.
- ☐
- Serve fish with chimichurri sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:22.558260886565%

Nutrients (% of daily need)

Calories: 331.21kcal (16.56%), Fat: 7.93g (12.2%), Saturated Fat: 1.72g (10.78%), Carbohydrates: 0.28g (0.09%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.23g (0.26%), Cholesterol: 272.16mg (90.72%), Sodium: 246.73mg (10.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.33g (120.65%), Vitamin B12: 13µg (216.59%), Selenium: 124.17µg (177.39%), Phosphorus: 673.58mg (67.36%), Vitamin B6: 1.02mg (51.03%), Vitamin B3: 7.14mg (35.72%), Magnesium: 136.08mg (34.02%), Vitamin B5: 2.55mg (25.51%), Potassium: 870.9mg (24.88%), Vitamin B1: 0.34mg (22.68%), Iron: 2.86mg (15.88%), Zinc: 1.36mg (9.07%), Folate: 30.62µg (7.65%), Vitamin A: 306.17IU (6.12%), Vitamin B2: 0.1mg (6%), Copper: 0.11mg (5.27%), Calcium: 51.03mg (5.1%), Manganese: 0.05mg (2.55%)