



## Grilled Striped Bass

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1074 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup butter melted
- 2 tablespoons butter melted
- 2 tablespoons dill dried crushed
- 1 clove garlic minced
- 1 slices optional: lemon
- 0.3 cup juice of lemon
- 6 servings parsley fresh
- 1 teaspoon salt

- 0.3 cup cooking sherry
- 3 tablespoons soya sauce
- 12 pounds bass fillets ()

## Equipment

- bowl
- baking pan
- grill

## Directions

- Rinse steaks thoroughly in cold water; pat dry, and place in a 13- x 9- x 2-inch baking dish.
- Combine 1/2 cup butter, sherry, lemon juice, soy sauce, dill weed, garlic, and salt in a small bowl; stir well, and pour over steaks. Cover; marinate at room temperature 30 minutes, turning steaks once.
- Remove steaks from marinade; reserve marinade. Grill steaks 4 inches from hot coals 10 minutes on each side or until fish flakes easily when tested with a fork, basting frequently with reserved marinade.
- Transfer steaks to a warm serving platter, and pour 2 tablespoons melted butter over fish.
- Garnish with parsley and lemon.

## Nutrition Facts

**PROTEIN 63.43%** **FAT 35.39%** **CARBS 1.18%**

## Properties

Glycemic Index:27.92, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:46.769565406053%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg Hesperetin: 2.34mg, Hesperetin: 2.34mg, Hesperetin: 2.34mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol:

0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg  
Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## **Nutrients (% of daily need)**

Calories: 1073.81kcal (53.69%), Fat: 40.27g (61.96%), Saturated Fat: 10.17g (63.58%), Carbohydrates: 3.04g (1.01%),  
Net Carbohydrates: 2.62g (0.95%), Sugar: 0.69g (0.77%), Cholesterol: 735.78mg (245.26%), Sodium: 1729.9mg  
(75.21%), Alcohol: 1.37g (100%), Alcohol %: 0.18% (100%), Protein: 162.42g (324.84%), Vitamin B12: 34.68µg  
(578.02%), Selenium: 331.35µg (473.36%), Phosphorus: 1825.58mg (182.56%), Vitamin B6: 2.78mg (139.11%),  
Vitamin B3: 19.52mg (97.62%), Magnesium: 376.02mg (94%), Potassium: 2432.9mg (69.51%), Vitamin B5: 6.9mg  
(69.04%), Vitamin K: 65.99µg (62.85%), Vitamin B1: 0.93mg (61.84%), Iron: 8.64mg (47.98%), Vitamin A: 2006.31IU  
(40.13%), Zinc: 3.78mg (25.18%), Folate: 92.66µg (23.17%), Vitamin B2: 0.31mg (18%), Calcium: 171.49mg (17.15%),  
Copper: 0.31mg (15.46%), Vitamin C: 11.88mg (14.4%), Manganese: 0.25mg (12.69%), Vitamin E: 0.75mg (4.98%),  
Fiber: 0.42g (1.7%)