



Grilled Whole Sea Bream with Chile Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 tablespoons agave nectar dark organic (preferably)
- ☐ 2 large ancho chili pepper dried
- ☐ 6 servings ground pepper
- ☐ 1 tablespoon cilantro leaves fresh chopped for garnish
- ☐ 1.5 teaspoons fish sauce (such as nam pla or nuoc nam)
- ☐ 2.5 tablespoons garlic chopped
- ☐ 0.5 cup grapefruit juice
- ☐ 1 ounce guajillo chiles*

- ☐ 5 tablespoons juice of lime fresh
- ☐ 0.8 cup orange juice
- ☐ 1.3 pound bass fillets wild-caught whole cleaned ()
- ☐ 3.5 tablespoons sugar

Equipment

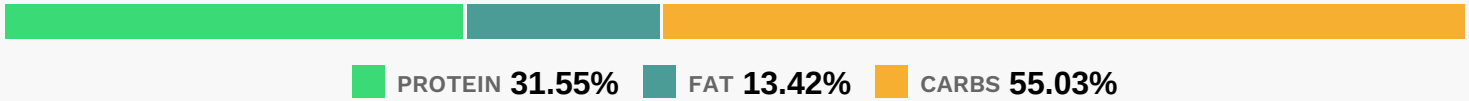
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ grill
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Toast guajillo and ancho chiles in heavy large skillet over medium-high heat until slightly darker in color, 1 to 2 minutes per side for guajillo chiles and about 3 minutes per side for ancho chiles. Using tongs, carefully transfer toasted chiles to sheet of foil and cool.
- ☐ Remove stems and seeds from all chiles, then crumble chiles finely into small bowl.
- ☐ Sprinkle sugar over bottom of heavy large saucepan. Cook over medium heat without stirring, occasionally swirling and tilting pan, until sugar dissolves and becomes medium golden brown syrup, 7 to 8 minutes. Turn off heat.
- ☐ Add chopped garlic and stir 20 seconds.
- ☐ Mix in agave nectar and crumbled chiles; stir 1 minute.
- ☐ Add all citrus juices. Bring mixture to boil over high heat, stirring occasionally. Reduce heat to medium-low and simmer until glaze thickens enough to coat spoon, about 20 minutes. Strain glaze into small microwave-safe bowl, pressing hard on chile solids to release all liquid. Discard solids in strainer.
- ☐ Mix in fish sauce. Season glaze to taste with salt and pepper. DO AHEAD: Glaze can be prepared up to 3 days ahead. Cool, cover, and refrigerate. Rewarm glaze in microwave before continuing.

- ☐ Mix 1 tablespoon chopped freshcilantro into glaze.
- ☐ Prepare barbecue (medium-highheat). Coat inside of large grilling basketwith nonstick spray. Wipe fish dry insideand out. Score each side of fish 3 times,cutting to bone.
- ☐ Sprinkle fish inside and outwith salt and cayenne.
- ☐ Place fish in basket; place on grill rack.Close grill and cook 6 minutes. Turn basketand brush 2 tablespoons glaze over fish,opening basket if necessary and closingagain. Cover grill. Cook fish until justopaque in center, about 7 minutes.
- ☐ Turn fish out onto platter.
- ☐ Brush 2tablespoons glaze over. Top with cilantro.

Nutrition Facts



Properties

Glycemic Index:46.52, Glycemic Load:9.07, Inflammation Score:-10, Nutrition Score:21.491738941358%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 4.83mg, Hesperetin: 4.83mg, Hesperetin: 4.83mg, Hesperetin: 4.83mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 236.84kcal (11.84%), Fat: 3.67g (5.64%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 33.86g (11.29%), Net Carbohydrates: 28.39g (10.32%), Sugar: 24.94g (27.71%), Cholesterol: 75.6mg (25.2%), Sodium: 200.44mg (8.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.83%), Vitamin A: 5333.66IU (106.67%), Vitamin B12: 3.62µg (60.28%), Selenium: 36.09µg (51.55%), Vitamin C: 33.77mg (40.93%), Vitamin B6: 0.55mg (27.51%), Phosphorus: 233.54mg (23.35%), Fiber: 5.47g (21.88%), Vitamin K: 21.68µg (20.65%), Potassium: 715.73mg (20.45%), Vitamin B3: 3.9mg (19.5%), Magnesium: 65.2mg (16.3%), Vitamin B2: 0.28mg (16.22%), Manganese: 0.26mg (12.78%), Iron: 2.17mg (12.07%), Vitamin B1: 0.16mg (10.86%), Vitamin B5: 0.98mg (9.81%), Folate: 33.46µg (8.36%), Vitamin E: 1.24mg (8.28%), Copper: 0.1mg (5.16%), Zinc: 0.68mg (4.56%), Calcium: 38.12mg (3.81%)