



WHATSheATE



Herb-Roasted Sea Bass with Salsa Verde



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 6 servings salsa verde
- ☐ 48 ounce sea bass fillets

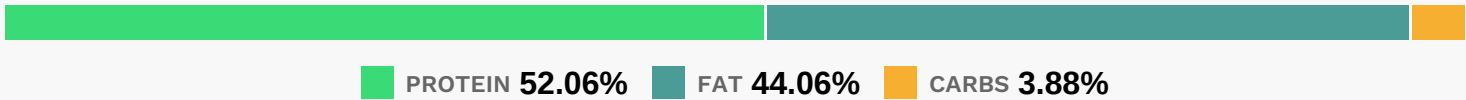
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450°F. Lightly brush baking sheet with olive oil.
- ☐ Place fish fillets on baking sheet.
- ☐ Brush fish with olive oil; drizzle with lemon juice.
- ☐ Sprinkle fish with salt and pepper, then herbs.
- ☐ Bake fish until just opaque in center, about 10 minutes.
- ☐ Transfer fish to plates. Spoon some Salsa Verde over fish. Pass remaining Salsa Verde separately.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.05, Inflammation Score:-9, Nutrition Score:20.409130505894%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 321.32kcal (16.07%), Fat: 15.17g (23.34%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 2.6g (0.94%), Sugar: 2.16g (2.4%), Cholesterol: 181.44mg (60.48%), Sodium: 387.41mg (16.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.35g (80.69%), Vitamin B12: 8.66µg (144.39%), Selenium: 82.82µg (118.31%), Phosphorus: 451.54mg (45.15%), Vitamin B6: 0.69mg (34.63%), Vitamin B3: 4.82mg (24.1%), Magnesium: 94.22mg (23.55%), Vitamin K: 20.7µg (19.71%), Potassium: 666.95mg (19.06%), Vitamin B5: 1.72mg (17.19%), Vitamin B1: 0.23mg (15.34%), Iron: 2.36mg (13.14%), Vitamin A: 503.59IU (10.07%), Vitamin E: 1.48mg (9.85%), Zinc: 0.95mg (6.31%), Vitamin C: 5.12mg (6.21%), Folate: 24.31µg (6.08%), Calcium: 48.68mg (4.87%), Vitamin B2: 0.08mg (4.48%), Manganese: 0.08mg (4.02%), Copper: 0.08mg (4%), Fiber: 0.41g (1.65%)