



Hong Kong-Style Sea Bass

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cooking sherry dry
- 2 inch ginger fresh
- 4 cloves garlic crushed
- 3 green onions
- 24 ounce grouper fillets
- 0.3 cup soya sauce reduced-sodium
- 0.3 cup sesame oil
- 1 pound pkt spinach fresh

- 2 teaspoons sugar
- 0.5 cup vegetable oil divided
- 0.3 cup water

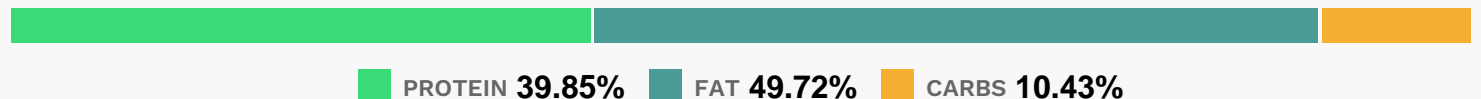
Equipment

- frying pan
- steamer basket

Directions

- Peel ginger, and cut into thin strips.
- Cut green onions into 2-inch thin strips; set ginger and green onions aside.
- Pour 1/4 cup vegetable oil into a large skillet; place over high heat until hot.
- Add garlic, and cook, stirring constantly, 5 to 7 seconds; remove and discard garlic.
- Add spinach to skillet; cook, stirring constantly, until lightly wilted. Spoon spinach onto serving plates, and keep warm.
- Place fish in a steamer basket or bamboo steamer over boiling water; cover and steam 8 minutes or until fish flakes easily when tested with a fork.
- Place fish on spinach; top with ginger and green onions.
- Combine remaining 1/4 cup vegetable oil and sesame oil in skillet; place over high heat until hot.
- Drizzle over fish.
- Bring soy sauce and next 3 ingredients to a boil in skillet.
- Drizzle half of mixture over fish; serve immediately with remaining mixture.

Nutrition Facts



Properties

Glycemic Index:48.52, Glycemic Load:2.49, Inflammation Score:-10, Nutrition Score:34.63652208577%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 7.37mg, Kaempferol: 7.37mg, Kaempferol: 7.37mg, Kaempferol: 7.37mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 397.56kcal (19.88%), Fat: 21.38g (32.89%), Saturated Fat: 3.25g (20.34%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 7.08g (2.58%), Sugar: 3.07g (3.41%), Cholesterol: 62.94mg (20.98%), Sodium: 949.15mg (41.27%), Alcohol: 2.06g (100%), Alcohol %: 0.65% (100%), Protein: 38.56g (77.13%), Vitamin K: 578.35µg (550.81%), Vitamin A: 10966.58IU (219.33%), Selenium: 63.86µg (91.23%), Folate: 251.09µg (62.77%), Manganese: 1.23mg (61.36%), Potassium: 1594.77mg (45.56%), Vitamin C: 34.67mg (42.02%), Vitamin B6: 0.82mg (41.19%), Magnesium: 163.23mg (40.81%), Phosphorus: 379.11mg (37.91%), Iron: 5.14mg (28.53%), Vitamin E: 3.09mg (20.58%), Calcium: 179.45mg (17.94%), Vitamin B12: 1.02µg (17.01%), Vitamin B2: 0.29mg (16.99%), Vitamin B1: 0.23mg (15.26%), Vitamin B5: 1.46mg (14.58%), Fiber: 3.01g (12.04%), Zinc: 1.69mg (11.29%), Copper: 0.22mg (11.01%), Vitamin B3: 1.71mg (8.56%)