



Korean-Style Striped Bass

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 0.5 teaspoon chile paste with garlic
- 1 teaspoon sesame oil dark
- 1 tablespoon cooking sherry dry
- 2 teaspoons ginger fresh grated peeled
- 1 garlic clove minced
- 0.3 cup soya sauce low-sodium
- 1 tablespoon rice vinegar

- 1 teaspoon sesame seed toasted
- 24 ounce striped bass fillets

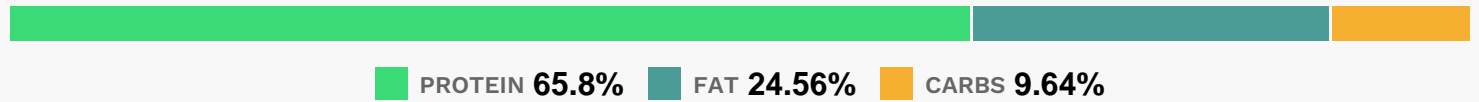
Equipment

- broiler
- ziploc bags
- broiler pan

Directions

- Combine all ingredients except cooking spray in a large zip-top plastic bag. Seal and marinate in refrigerator 20 minutes.
- Remove fish from bag; discard marinade.
- Preheat broiler.
- Place fillets on a broiler pan coated with cooking spray. Broil 4 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:16.543043364649%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 203.55kcal (10.18%), Fat: 5.27g (8.11%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 4.45g (1.62%), Sugar: 3.11g (3.45%), Cholesterol: 136.08mg (45.36%), Sodium: 692.66mg (30.12%), Alcohol: 0.39g (100%), Alcohol %: 0.24% (100%), Protein: 31.78g (63.55%), Vitamin B12: 6.5µg (108.3%), Selenium: 62.52µg (89.31%), Phosphorus: 369.16mg (36.92%), Vitamin B6: 0.55mg (27.74%), Magnesium: 82.17mg (20.54%),

Vitamin B3: 3.81mg (19.03%), Potassium: 510.09mg (14.57%), Vitamin B5: 1.34mg (13.39%), Vitamin B1: 0.18mg (12.2%), Iron: 1.77mg (9.85%), Manganese: 0.13mg (6.44%), Folate: 23.07µg (5.77%), Zinc: 0.86mg (5.76%), Vitamin B2: 0.09mg (5.45%), Copper: 0.09mg (4.4%), Calcium: 39.88mg (3.99%), Vitamin A: 154.44IU (3.09%)