



Lime-Marinated Grilled Sea Bass



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 teaspoons olive oil
- ☐ 16 ounce sea bass fillets ()
- ☐ 0.3 cup vermouth dry white dry

Equipment

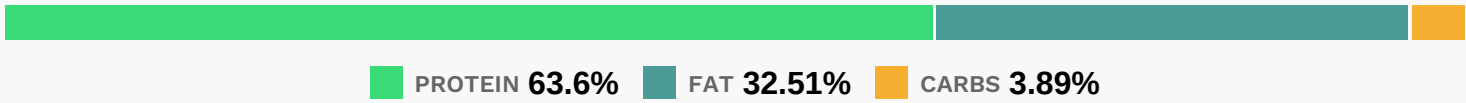
- ☐ sauce pan

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a heavy-duty zip-top plastic bag; add fish fillets. Seal bag securely, and shake gently to coat fillets. Marinate in refrigerator 30 minutes.
- ☐ Prepare grill.
- ☐ Coat grill rack with cooking spray; place on grill over hot coals (400 to 500).
- ☐ Remove fish from marinade, reserving marinade.
- ☐ Place fish fillets on rack; grill, covered, 4 to 5 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Place reserved marinade in a small saucepan, and bring to a boil; remove from heat. To serve, spoon hot marinade over fish.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:11.092173726662%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 144.18kcal (7.21%), Fat: 4.66g (7.17%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.29g (0.32%), Cholesterol: 90.72mg (30.24%), Sodium: 223.28mg (9.71%), Alcohol: 1.54g (100%), Alcohol %: 1.38% (100%), Protein: 20.51g (41.03%), Vitamin B12: 4.33µg (72.2%), Selenium: 41.43µg (59.19%), Phosphorus: 235.01mg (23.5%), Vitamin B6: 0.36mg (17.86%), Magnesium: 50.27mg (12.57%), Vitamin B3: 2.46mg (12.28%), Potassium: 324.87mg (9.28%), Vitamin B5: 0.88mg (8.8%), Vitamin B1: 0.12mg (7.85%), Iron: 1.07mg (5.94%), Zinc: 0.51mg (3.4%), Folate: 12.99µg (3.25%), Vitamin C: 2.3mg (2.79%), Vitamin B2: 0.05mg (2.78%), Manganese: 0.05mg (2.69%), Vitamin A: 119.3IU (2.39%), Vitamin E: 0.33mg (2.17%), Calcium:

20.76mg (2.08%), Copper: 0.04mg (2.01%), Vitamin K: 1.93µg (1.84%)