



Miso-Glazed Sea Bass with Asparagus



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 4 servings lemon wedges
- ☐ 2 teaspoons olive oil
- ☐ 20 ounce sea bass fillets with skin ()
- ☐ 1.5 teaspoons sugar
- ☐ 0.5 teaspoon water

☐

2 tablespoons miso sweet white (fermented soybean paste; not or labeled "saikyo")

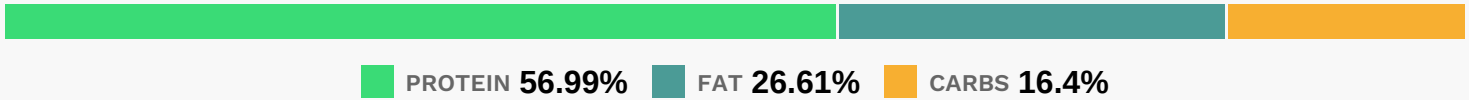
Equipment

- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler. Lightly oil a 17- by 12-inch shallow baking pan.
- ☐ Whisk together miso, sugar, lemon juice, water, and pepper in a bowl.
- ☐ Toss together asparagus, oil, and a pinch of salt in a large bowl.
- ☐ Arrange fish, skin sides down, in baking pan and spread miso mixture evenly on top. Arrange asparagus in 1 layer around fish and broil 5 to 6 inches from heat until fish is just cooked through and asparagus is crisp-tender, 8 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:55.15, Glycemic Load:2.75, Inflammation Score:-8, Nutrition Score:22.610434967539%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 201.18kcal (10.06%), Fat: 5.96g (9.17%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 5.38g (1.96%), Sugar: 4.21g (4.68%), Cholesterol: 113.4mg (37.8%), Sodium: 417.26mg (18.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.74g (57.47%), Vitamin B12: 5.42µg (90.36%), Selenium:

54.96µg (78.51%), Vitamin K: 50.97µg (48.54%), Phosphorus: 353.5mg (35.35%), Vitamin B6: 0.55mg (27.35%), Iron: 3.85mg (21.41%), Vitamin B1: 0.31mg (20.87%), Vitamin B3: 4.17mg (20.83%), Vitamin A: 992.89IU (19.86%), Magnesium: 76.92mg (19.23%), Folate: 73.71µg (18.43%), Potassium: 613.34mg (17.52%), Copper: 0.3mg (14.78%), Manganese: 0.28mg (14.1%), Vitamin B5: 1.41mg (14.07%), Vitamin B2: 0.22mg (13.12%), Fiber: 2.89g (11.55%), Vitamin E: 1.57mg (10.5%), Zinc: 1.4mg (9.33%), Vitamin C: 7.36mg (8.93%), Calcium: 53.99mg (5.4%)