



Moroccan-Style Striped Bass

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings canola oil
- 1 leaf flat parsley roughly chopped
- 4 servings harissa to taste
- 1 tablespoon honey
- 4 servings cured olives black pitted coarsely chopped
- 4 servings brined olives black pitted
- 3 cups orange juice fresh
- 4 servings salt and pepper black freshly ground

- 24 ounce fillets striped bass wild with skin
- 4 servings thyme sprigs fresh

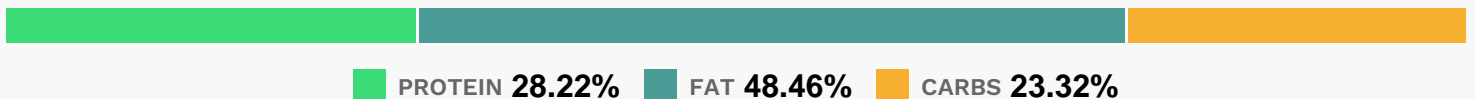
Equipment

- bowl
- sauce pan
- grill

Directions

- Watch how to make this recipe.
- Put the orange juice and thyme in a small saucepan, over medium heat and bring to a boil. Cook until reduced by half and becomes a syrup. Strain into a bowl, then add the honey and harissa, to taste.
- Preheat the grill to medium.
- Brush the fillets with oil on both sides and season with salt and pepper, to taste. Grill until slightly charred on both sides and just cooked through, about 4 minutes per side.
- Remove to a platter, drizzle with the sauce and sprinkle with olives and parsley.

Nutrition Facts



Properties

Glycemic Index:53.32, Glycemic Load:12.18, Inflammation Score:-9, Nutrition Score:26.056087037791%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 22.23mg, Hesperetin: 22.23mg, Hesperetin: 22.23mg, Hesperetin: 22.23mg Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 452.37kcal (22.62%), Fat: 24.49g (37.68%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 24.52g (8.92%), Sugar: 20.82g (23.13%), Cholesterol: 136.08mg (45.36%), Sodium: 810.69mg (35.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.09g (64.17%), Vitamin C: 95.76mg (116.07%), Vitamin B12: 6.5µg (108.3%), Selenium: 62.73µg (89.62%), Phosphorus: 374.19mg (37.42%), Vitamin B6: 0.61mg (30.52%), Vitamin E: 4.15mg (27.65%), Potassium: 854.28mg (24.41%), Magnesium: 95.5mg (23.87%), Vitamin B1: 0.35mg (23.41%), Vitamin B3: 4.52mg (22.6%), Folate: 73.71µg (18.43%), Vitamin B5: 1.65mg (16.48%), Vitamin A: 785.4IU (15.71%), Vitamin K: 15.25µg (14.53%), Iron: 2.26mg (12.55%), Copper: 0.2mg (9.91%), Fiber: 2g (7.98%), Calcium: 72.93mg (7.29%), Vitamin B2: 0.12mg (7.07%), Zinc: 0.83mg (5.54%), Manganese: 0.09mg (4.3%)