



Neath Pal's Sea Bass

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cooking wine dry white
- 0.5 cup fermented black beans
- 0.3 cup garlic chopped
- 0.3 cup ginger grated
- 0.3 cup green onion chopped
- 2 tablespoons rice vinegar
- 48 ounce sea bass fillets
- 0.3 cup lite soy sauce

- 0.3 cup sugar
- 1.3 cups water divided

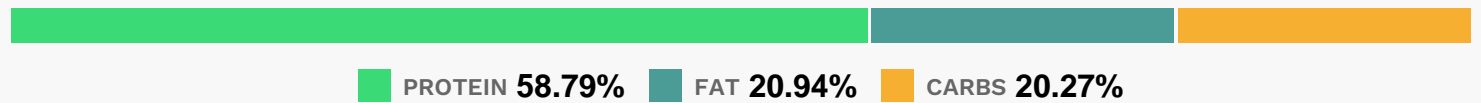
Equipment

- sauce pan
- oven
- ziploc bags
- broiler pan

Directions

- Bring sugar and 1/2 cup water to a boil in a small saucepan, stirring constantly, until sugar dissolves. Boil 5 minutes. Cool. Stir in 3/4 cup water, wine, and next 6 ingredients.
- Place fillets in a shallow dish or heavy-duty zip-top plastic bag; pour marinade over fillets. Cover or seal, and chill 30 minutes, turning once.
- Remove fillets from marinade, discarding marinade.
- Place fillets on a lightly greased rack in a broiler pan.
- Bake at 450 for 10 to 12 minutes or until fish flakes with a fork.
- Note: Fermented black beans are also called Chinese black beans and are sold in Asian markets.

Nutrition Facts



Properties

Glycemic Index:37.85, Glycemic Load:6.96, Inflammation Score:-6, Nutrition Score:21.322608713223%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin:

0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 353.63kcal (17.68%), Fat: 7.51g (11.56%), Saturated Fat: 1.43g (8.95%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 14.04g (5.1%), Sugar: 9.82g (10.91%), Cholesterol: 181.44mg (60.48%), Sodium: 704.78mg (30.64%), Alcohol: 4.12g (100%), Alcohol %: 1.38% (100%), Protein: 47.45g (94.91%), Vitamin B12: 8.66µg (144.39%), Selenium: 84.12µg (120.17%), Phosphorus: 484.47mg (48.45%), Vitamin B6: 0.83mg (41.27%), Vitamin B3: 5.31mg (26.55%), Magnesium: 104.42mg (26.11%), Potassium: 697.53mg (19.93%), Vitamin B5: 1.82mg (18.15%), Vitamin B1: 0.25mg (16.93%), Iron: 2.7mg (15.03%), Manganese: 0.28mg (13.99%), Vitamin K: 11.79µg (11.23%), Fiber: 2.33g (9.31%), Zinc: 1.13mg (7.54%), Folate: 26.92µg (6.73%), Copper: 0.13mg (6.65%), Calcium: 63.91mg (6.39%), Vitamin B2: 0.1mg (6.17%), Vitamin A: 260.19IU (5.2%), Vitamin C: 3.67mg (4.45%)