



Orange And Mirin Sea Bass



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons sesame oil dark
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 pounds pacific halibut filets
- ☐ 1 large leek trimmed cut into thin strips
- ☐ 0.3 cup mirin
- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons orange rind grated
- ☐ 1 small bell pepper red thinly sliced

- ☐ 0.5 teaspoon salt divided
- ☐ 0.5 pound snow peas fresh trimmed
- ☐ 1 teaspoon tamari sauce
- ☐ 2 teaspoons vegetable oil

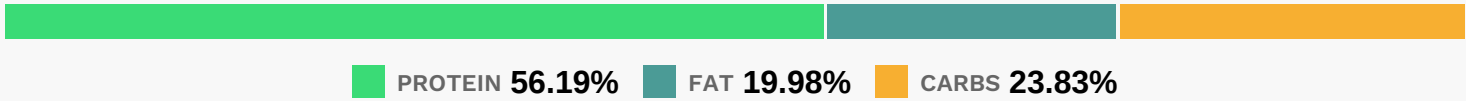
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add leek and red pepper; cook, stirring constantly, 2 minutes.
- ☐ Add snow peas and 1/4 teaspoon salt; cook over medium heat 1 minute.
- ☐ Remove from heat.
- ☐ Transfer vegetables to an 11- x 7-inch baking dish coated with cooking spray. Top with fish.
- ☐ Combine remaining salt, orange rind, and remaining 5 ingredients.
- ☐ Pour orange mixture over fish.
- ☐ Bake at 425 for 25 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:1.99, Inflammation Score:-9, Nutrition Score:32.763478133989%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg,

Naringenin: 0.33mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 320.89kcal (16.04%), Fat: 7.05g (10.85%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 16.46g (5.99%), Sugar: 9.9g (11%), Cholesterol: 111.13mg (37.04%), Sodium: 687.02mg (29.87%), Alcohol: 1.97g (100%), Alcohol %: 0.68% (100%), Protein: 44.6g (89.2%), Selenium: 104.11µg (148.72%), Vitamin C: 69.57mg (84.32%), Vitamin B3: 15.52mg (77.59%), Vitamin B6: 1.45mg (72.65%), Vitamin D: 10.66µg (71.06%), Phosphorus: 583.28mg (58.33%), Vitamin B12: 2.49µg (41.58%), Vitamin A: 1753.61IU (35.07%), Potassium: 1222.67mg (34.93%), Vitamin K: 29.9µg (28.47%), Folate: 79.19µg (19.8%), Magnesium: 77.51mg (19.38%), Vitamin B1: 0.24mg (15.88%), Vitamin E: 2.32mg (15.47%), Manganese: 0.31mg (15.27%), Vitamin B5: 1.34mg (13.36%), Iron: 2.18mg (12.1%), Fiber: 2.45g (9.79%), Vitamin B2: 0.14mg (8.48%), Zinc: 1.07mg (7.11%), Copper: 0.14mg (7.04%), Calcium: 58.75mg (5.88%)