



Oven-Roasted Sea Bass with Couscous and Warm Tomato Vinaigrette

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.7 cup couscous uncooked
- ☐ 1.3 cups fat-skimmed beef broth fat-free
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1 spring onion
- ☐ 24 ounce pacific halibut filets thick ()

- ☐ 1 teaspoon kosher salt divided
- ☐ 2 inch optional: lemon halved (1 lemon)
- ☐ 3 tablespoons juice of lemon fresh divided
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon sherry vinegar
- ☐ 1 cup tomatoes chopped

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

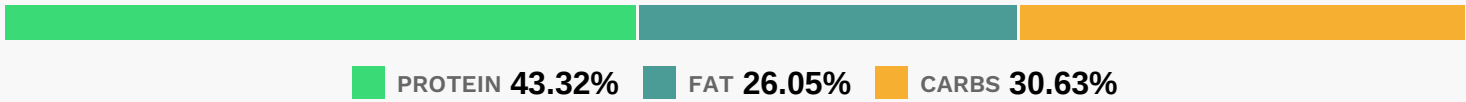
Directions

- ☐ Preheat oven to 35
- ☐ Cut green onion into 3-inch pieces, and cut pieces into julienne strips.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic; saut 30 seconds or until garlic begins to brown.
- ☐ Add the tomato and onions; reduce heat to medium, and cook for 1 minute.
- ☐ Remove from heat; stir in 2 tablespoons lemon juice, vinegar, and 1/2 teaspoon salt. Keep warm.
- ☐ Combine 1 tablespoon lemon juice, 1/4 teaspoon salt, and broth in a medium saucepan; bring to a boil. Gradually stir in couscous and chopped chives.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Cover and keep warm.
- ☐ Sprinkle fish with 1/4 teaspoon salt and pepper.
- ☐ Place fillets in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Place 4 halved lemon slices on each fillet.
- ☐ Bake at 350 for 20 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve over couscous, and top with vinaigrette.

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Garnish with whole chives, if desired.

Nutrition Facts



Properties

Glycemic Index:79.38, Glycemic Load:14.2, Inflammation Score:-6, Nutrition Score:23.429565180903%

Flavonoids

Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 342.44kcal (17.12%), Fat: 9.71g (14.94%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 23.52g (8.55%), Sugar: 1.53g (1.7%), Cholesterol: 83.35mg (27.78%), Sodium: 993.33mg (43.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.33g (72.66%), Selenium: 79.4µg (113.43%), Vitamin B3: 12.75mg (63.76%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1.03mg (51.7%), Phosphorus: 473.64mg (47.36%), Vitamin B12: 2.01µg (33.55%), Potassium: 935.7mg (26.73%), Vitamin K: 18.92µg (18.02%), Manganese: 0.35mg (17.7%), Vitamin C: 12.63mg (15.31%), Vitamin E: 2.29mg (15.27%), Magnesium: 59.8mg (14.95%), Vitamin A: 564.77IU (11.3%), Vitamin B5: 1.1mg (10.98%), Vitamin B1: 0.16mg (10.72%), Folate: 39.48µg (9.87%), Fiber: 2.16g (8.65%), Copper: 0.16mg (8.07%), Zinc: 0.98mg (6.55%), Vitamin B2: 0.1mg (6.15%), Iron: 0.98mg (5.46%), Calcium: 34.78mg (3.48%)