



Oven-Roasted Sea Bass with Ginger and Lime Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce sea bass fillets (each 3/)
- 1 tablespoon cilantro leaves fresh chopped
- 5 teaspoons olive oil
- 1.5 tablespoons soya sauce
- 2 tablespoons juice of lime fresh
- 1 tablespoon shallots minced
- 1 tablespoon ginger fresh peeled chopped

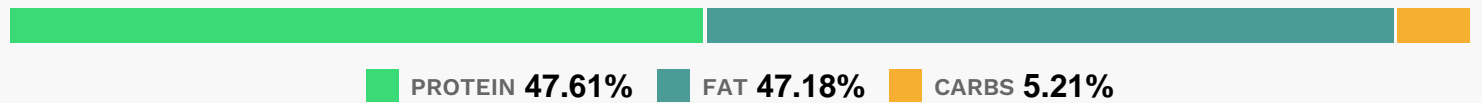
Equipment

- bowl
- oven
- pie form

Directions

- Preheat oven to 500°F.
- Mix first 5 ingredients and 3 teaspoons oil in small bowl. Season sauce with salt and pepper.
- Brush 9-inch-diameter glass pie dish with remaining 2 teaspoons oil. Arrange fish in prepared dish; turn to coat.
- Sprinkle fish with salt and pepper; spoon 1/2 tablespoon sauce over each fillet.
- Roast fish until just opaque in center, about 12 minutes. Top fish with remaining sauce and serve.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:17.446086774702%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 271.69kcal (13.58%), Fat: 14.02g (21.57%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 3.08g (1.12%), Sugar: 0.94g (1.04%), Cholesterol: 136.08mg (45.36%), Sodium: 873.12mg (37.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.83g (63.67%), Vitamin B12: 6.5µg (108.3%), Selenium: 62.29µg (88.99%), Phosphorus: 360.73mg (36.07%), Vitamin B6: 0.57mg (28.31%), Vitamin B3: 4.17mg (20.83%), Magnesium: 77.25mg (19.31%), Potassium: 513.99mg (14.69%), Vitamin B5: 1.37mg (13.68%), Vitamin B1: 0.19mg

(12.39%), Iron: 1.9mg (10.58%), Vitamin E: 1.49mg (9.93%), Vitamin K: 6.77µg (6.45%), Vitamin C: 5.13mg (6.22%), Manganese: 0.12mg (5.95%), Folate: 21.45µg (5.36%), Zinc: 0.78mg (5.22%), Vitamin B2: 0.08mg (4.49%), Copper: 0.09mg (4.39%), Vitamin A: 174.28IU (3.49%), Calcium: 32.96mg (3.3%), Fiber: 0.4g (1.61%)