



HEALTH SCORE

66%

Pan-Roasted Sea Bass with Citrus and Avocado Oil



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled halved cut into wedges
- ☐ 4 tablespoons canola oil
- ☐ 2 grapefruit
- ☐ 1 tablespoon grapeseed oil
- ☐ 4 servings pepper freshly ground
- ☐ 2 cranberry-orange relish
- ☐ 24 ounce sea bass fillets skinless white thick (1")

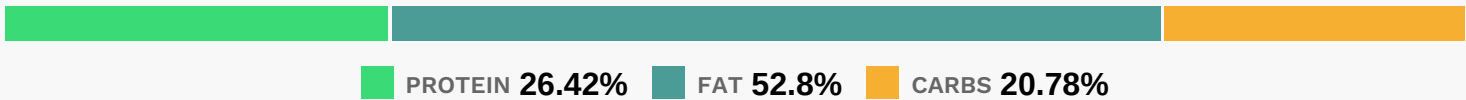
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 450°F. Using a small sharp knife, cut off all peel and white pith from fruit. Working over a medium bowl, cut between membranes to release segments into bowl. Squeeze in juices from membranes; discard membranes.
- ☐ Drain fruit, reserving 1/2 cup juices. Return segments and juices to bowl. Season with salt and pepper.
- ☐ Pat fish dry. Season with salt and pepper.
- ☐ Heat a large heavy ovenproof skillet over high heat.
- ☐ Add grapeseed oil.
- ☐ Add fish; cook without moving, occasionally pressing fish gently with a spatula to keep all of surface in contact with pan, until fish is golden brown and releases easily from pan, 4–5 minutes.
- ☐ Turn fish, transfer to oven, and roast until just opaque in the center, 3–5 minutes.
- ☐ Place fruit and avocado on plates. Top with fillets. Spoon 2 tablespoons citrus juices over fruit on each plate.
- ☐ Drizzle 1 tablespoon avocado oil over fish and fruit.
- ☐ Per serving: 415 calories, 25 g fat, 13 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:52.13, Glycemic Load:5.91, Inflammation Score:-9, Nutrition Score:28.541304090749%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 18.3mg, Hesperetin: 18.3mg, Hesperetin: 18.3mg, Hesperetin: 18.3mg Naringenin: 51.81mg, Naringenin: 51.81mg, Naringenin: 51.81mg, Naringenin: 51.81mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 484.89kcal (24.24%), Fat: 29.11g (44.79%), Saturated Fat: 3.93g (24.53%), Carbohydrates: 25.78g (8.59%), Net Carbohydrates: 18.76g (6.82%), Sugar: 15.28g (16.97%), Cholesterol: 136.08mg (45.36%), Sodium: 120.9mg (5.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.77g (65.55%), Vitamin B12: 6.5µg (108.3%), Vitamin C: 79.81mg (96.74%), Selenium: 62.75µg (89.64%), Phosphorus: 395.29mg (39.53%), Vitamin B6: 0.75mg (37.34%), Vitamin A: 1846.37IU (36.93%), Fiber: 7.01g (28.05%), Potassium: 971.85mg (27.77%), Magnesium: 100.85mg (25.21%), Vitamin B5: 2.47mg (24.74%), Vitamin B3: 4.89mg (24.47%), Folate: 92.32µg (23.08%), Vitamin B1: 0.32mg (21.06%), Vitamin E: 2.33mg (15.56%), Copper: 0.22mg (11%), Vitamin B2: 0.18mg (10.73%), Iron: 1.88mg (10.46%), Vitamin K: 10.72µg (10.21%), Calcium: 86.35mg (8.63%), Manganese: 0.15mg (7.71%), Zinc: 1.14mg (7.59%)