



Pan-roasted Sea Bass with Citrus-Heirloom Tomato Vinaigrette



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 cup heirloom tomatoes seeded chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 tablespoons lemon zest grated
- ☐ 0.5 cup olive oil extra virgin extra-virgin

- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon parsley fresh italian chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings salt
- ☐ 24 ounce sea bass fillets with skin
- ☐ 0.5 teaspoon sea salt
- ☐ 1.5 tablespoons sugar

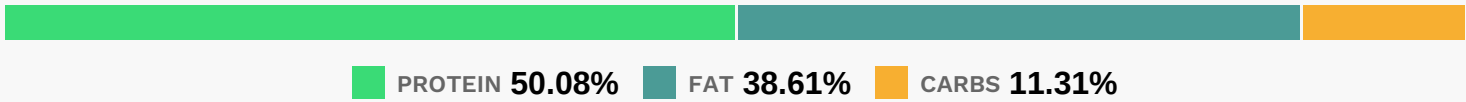
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Combine tomatoes, sugar, and vinegar in a saucepan over medium heat; cook 3 minutes or until sugar dissolves. Stir in parsley and next 6 ingredients. Set aside.
- ☐ Score fish skin diagonally two or three times (to prevent curling), and sprinkle with salt and pepper. Sear fillets, skin-side down, in 1 teaspoon oil in a cast iron skillet over medium-high heat about 2 minutes. Press fillets flat with a metal spatula to prevent curling.
- ☐ Transfer skillet to oven, and bake at 450 for 5 minutes or until fish flakes with a fork.
- ☐ Serve fillets skin-side up. Spoon sauce over fillets.

Nutrition Facts



Properties

Glycemic Index:62.27, Glycemic Load:3.58, Inflammation Score:-8, Nutrition Score:18.639130509418%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 251.75kcal (12.59%), Fat: 10.49g (16.14%), Saturated Fat: 1.77g (11.03%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 6.06g (2.2%), Sugar: 5.67g (6.3%), Cholesterol: 136.08mg (45.36%), Sodium: 605.9mg (26.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.62g (61.24%), Vitamin B12: 6.5µg (108.3%), Selenium: 62.15µg (88.78%), Phosphorus: 348.96mg (34.9%), Vitamin B6: 0.55mg (27.45%), Vitamin K: 23.56µg (22.44%), Vitamin B3: 3.83mg (19.15%), Magnesium: 74.99mg (18.75%), Potassium: 548.85mg (15.68%), Vitamin C: 11.66mg (14.14%), Vitamin B5: 1.33mg (13.3%), Vitamin B1: 0.19mg (12.5%), Vitamin A: 573.96IU (11.48%), Iron: 1.83mg (10.17%), Vitamin E: 1.14mg (7.63%), Folate: 23.72µg (5.93%), Manganese: 0.12mg (5.78%), Zinc: 0.78mg (5.2%), Copper: 0.09mg (4.34%), Vitamin B2: 0.07mg (3.83%), Calcium: 38.19mg (3.82%), Fiber: 0.86g (3.43%)