



Pan-Seared Sea Bass With Jalapeño-Lime Oil



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon chili powder
- ☐ 2 garlic cloves minced
- ☐ 1 jalapeno minced seeded
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon lime rind grated
- ☐ 1.5 tablespoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 24 ounce sea bass fillets

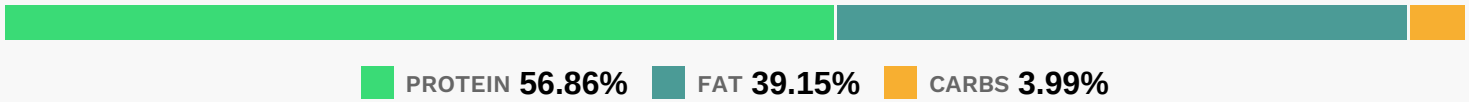
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a small bowl, stirring well. Rub evenly over fish. Cover and chill 10 minutes.
- ☐ While fish chills, combine lime rind and lime juice in a small bowl; set aside.
- ☐ Combine garlic and jalapeo pepper in another small bowl; set aside.
- ☐ Heat oil in a large nonstick skillet over high heat.
- ☐ Add fish; cook 6 minutes, turning often, or until fish flakes easily when tested with a fork and is brown on all sides.
- ☐ Place fish on serving platter.
- ☐ Reduce heat to medium-high, and saut garlic mixture 30 seconds.
- ☐ Remove from heat, and add lime juice mixture, stirring well; pour over fish.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:17.020434856415%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 219.58kcal (10.98%), Fat: 9.31g (14.32%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 1.69g (0.61%), Sugar: 0.39g (0.44%), Cholesterol: 136.08mg (45.36%), Sodium: 414.98mg (18.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.42g (60.84%), Vitamin B12: 6.5µg (108.3%), Selenium: 62.42µg (89.17%), Phosphorus: 343.31mg (34.33%), Vitamin B6: 0.56mg (27.94%), Vitamin B3: 3.7mg (18.5%), Magnesium: 71.31mg (17.83%), Potassium: 475.8mg (13.59%), Vitamin B5: 1.32mg (13.17%), Vitamin B1: 0.18mg (11.93%), Vitamin C: 8.08mg (9.79%), Iron: 1.68mg (9.31%), Vitamin E: 1.1mg (7.32%), Vitamin A: 312.83IU (6.26%), Vitamin K: 6.06µg (5.77%), Zinc: 0.74mg (4.91%), Manganese: 0.09mg (4.58%), Folate: 18.16µg (4.54%), Vitamin B2: 0.06mg (3.64%), Calcium: 36.32mg (3.63%), Copper: 0.07mg (3.46%), Fiber: 0.45g (1.8%)