

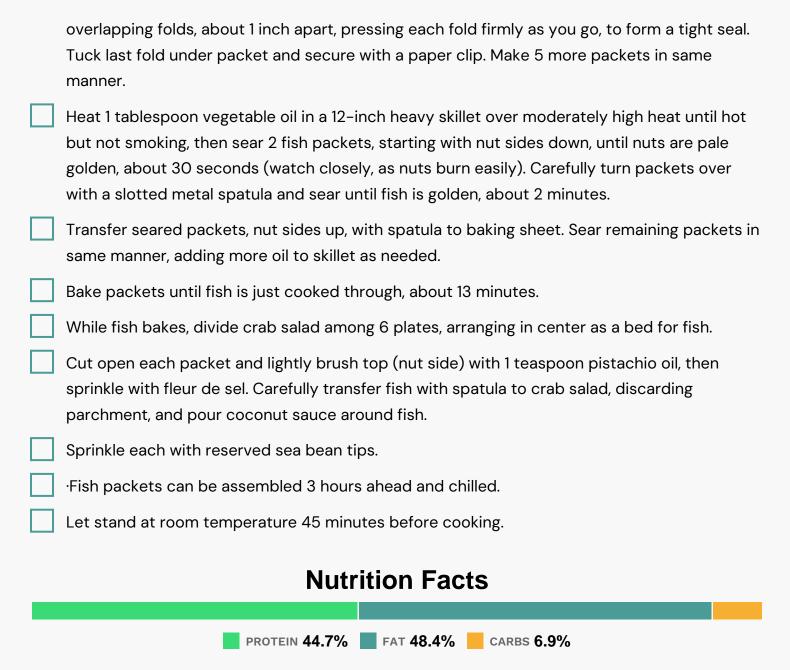
## Pistachio Sea Bass with Crab Salad



# Ingredients

6 servings coconut or
0.3 teaspoon curry powder to taste
1 large egg whites lightly beaten
6 servings fleur del sel to taste
2 tablespoons juice of lime fresh
0.8 pound lump crab meat picked over cooked
2 tablespoons pistachio oil
O.8 cup pistachios unsalted red shelled finely chopped (not dyed ; 3 ounces)

	4 spring onion finely chopped	
	0.8 cup sea bass fillets (salicornia) (tiny branches along stem)	
	30 ounce sea bass fillets skinless with tweezers (3/)	
	1 tablespoons vegetable oil	
Equipment		
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Ш	bowl	
	frying pan	
	baking sheet	
	sauce pan	
	oven	
	sieve	
	spatula	
Directions		
Ш	Blanch sea bean tips in a small saucepan of boiling salted water 30 seconds, then drain in a sieve and pat dry.	
	Reserve 1/4 cup sea bean tips for garnish, then stir together remaining tips with crab and scallions. Stir together lime juice and curry powder in a small bowl, then pour over crab and toss well.	
	Add salt and pepper to taste and toss to combine.	
	Cut 1 sea bass fillet in half crosswise (each piece should measure about 4 by 3 inches).  Season skinned sides of both halves lightly with salt, then stack pieces, skinned sides together, to form a "steak."	
	Brush top generously with egg white and top evenly with about 2 tablespoons pistachios, pressing to adhere. Assemble 5 more servings in same manner.	
	Put oven rack in middle position and preheat oven to 350°F.	
	Fold 1 sheet of parchment in half crosswise and, starting at 1 end of crease, cut out a half heart shape, keeping vertical crease as long as possible. Unfold heart and arrange on a work surface with point nearest you, then place a fish steak just to 1 side of crease. Fold other half of heart over fish to enclose and, starting at top of crease, turn in edges of parchment in	



### **Properties**

Glycemic Index:7.83, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:25.937825907832%

#### **Flavonoids**

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Vaempferol: 0.11mg, Vae

### Nutrients (% of daily need)

Calories: 404.13kcal (20.21%), Fat: 21.7g (33.38%), Saturated Fat: 5.77g (36.09%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 4.23g (1.54%), Sugar: 2.13g (2.36%), Cholesterol: 160.87mg (53.62%), Sodium: 799.48mg (34.76%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 45.08g (90.17%), Vitamin B12: 11.65µg (194.21%), Selenium: 86.89µg (124.12%), Phosphorus: 551.57mg (55.16%), Copper: 0.83mg (41.39%), Vitamin B6: 0.78mg

(39.23%), Zinc: 4.57mg (30.46%), Magnesium: 119.09mg (29.77%), Vitamin B3: 4.54mg (22.72%), Potassium: 783.36mg (22.38%), Vitamin K: 22.89µg (21.8%), Vitamin B1: 0.32mg (21.02%), Manganese: 0.41mg (20.25%), Vitamin B5: 1.61mg (16.15%), Iron: 2.79mg (15.5%), Folate: 56.78µg (14.19%), Fiber: 2.74g (10.96%), Vitamin C: 7.77mg (9.42%), Vitamin B2: 0.15mg (8.55%), Calcium: 76.99mg (7.7%), Vitamin A: 290.7IU (5.81%), Vitamin E: 0.62mg (4.11%)