



Sake Sea Bass in Parchment



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ginger grated peeled
- ☐ 0.5 cup rice wine
- ☐ 0.5 cup spring onion sliced
- ☐ 36 ounces sea bass fillets skinless ()
- ☐ 1.5 tablespoons soya sauce
- ☐ 1 teaspoon sugar

Equipment

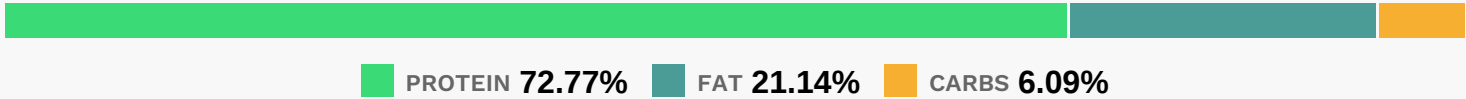
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400°F with a baking sheet on bottom rack.
- ☐ Stir together sake, soy sauce, ginger, and sugar in a bowl.
- ☐ If fish fillets are more than 4 inches long, fold ends under. Put a fish fillet in center of each parchment square and season with 1/4 teaspoon salt (total). Working with 1 portion at a time, sprinkle fish with some of scallions and spoon some of sake mixture over top (hold up 2 corners of parchment to prevent liquid from running off). Gather sides of parchment up over fish to form a pouch, leaving no openings, and tie tightly with string.
- ☐ Bake on hot baking sheet until fish is just cooked through, 10 to 12 minutes.
- ☐ steamed white rice
- ☐ Per serving: Calories 197, Total fat3g (1g saturated), Cholesterol 69mg, Sodium 464mg, Carbohydrate 3g, Fiber Og, Protein 32g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:22.02, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:16.673043600891%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 199.99kcal (10%), Fat: 3.99g (6.14%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.94g (1.05%), Cholesterol: 136.08mg (45.36%), Sodium: 370.52mg (16.11%), Alcohol: 3.22g (100%), Alcohol %: 2% (100%), Protein: 30.89g (61.78%), Vitamin B12: 6.5µg (108.3%), Selenium: 62.46µg (89.23%), Phosphorus: 347.04mg (34.7%), Vitamin B6: 0.52mg (26.25%), Vitamin B3: 3.8mg (18.98%), Magnesium: 72.85mg (18.21%), Vitamin K: 17.25µg (16.43%), Potassium: 474.39mg (13.55%), Vitamin B5: 1.3mg (13%),

Vitamin B1: 0.18mg (11.83%), Iron: 1.68mg (9.34%), Folate: 21.49µg (5.37%), Zinc: 0.74mg (4.92%), Vitamin A: 236.17IU (4.72%), Vitamin B2: 0.06mg (3.81%), Copper: 0.07mg (3.42%), Calcium: 33.47mg (3.35%), Manganese: 0.06mg (3.1%), Vitamin C: 1.58mg (1.92%), Fiber: 0.26g (1.04%)