



Sake-Steamed Sea Bass with Ginger and Green Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup bottled clam juice
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove
- ☐ 1 tablespoon ginger minced peeled
- ☐ 2 large spring onion chopped
- ☐ 1 teaspoon sesame oil
- ☐ 1 cup rice medium-grain uncooked

- ☐ 0.8 cup rice wine
- ☐ 20 ounce sea bass fillets
- ☐ 2 teaspoons sesame seed toasted
- ☐ 4 teaspoons soya sauce

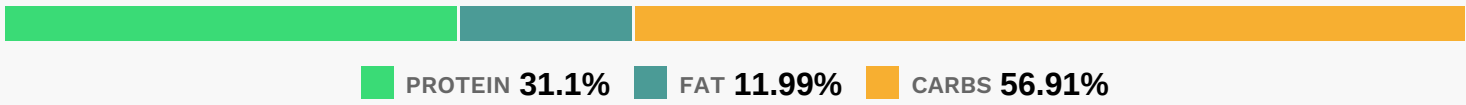
Equipment

- ☐ frying pan

Directions

- ☐ Cook rice according to package directions.
- ☐ Meanwhile, combine sake and next 3 ingredients in large skillet deep enough to hold steamer rack. Bring liquid to boil. Reduce heat; simmer 5 minutes. Arrange fish on rack; sprinkle with salt and pepper.
- ☐ Place rack in skillet. Top fish with onions; drizzle with soy sauce and sesame oil. Cover skillet; steam fish until opaque in center, about 5 minutes.
- ☐ Remove steamer rack.
- ☐ Mix cilantro into juices in skillet. Spoon rice onto plates. Top with fish, juices from skillet, and sesame seeds.
- ☐ Per serving: calories, 367; total fat, 5 g; saturated fat, 1 g; cholesterol, 62 mg; fiber, 1 g
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:37.42, Inflammation Score:-8, Nutrition Score:23.798695854519%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 455.59kcal (22.78%), Fat: 5.24g (8.07%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 55.98g (18.66%), Net Carbohydrates: 53.6g (19.49%), Sugar: 1.9g (2.12%), Cholesterol: 113.4mg (37.8%), Sodium: 597.64mg (25.98%), Alcohol: 7.24g (100%), Alcohol %: 2.93% (100%), Protein: 30.59g (61.18%), Vitamin B12: 5.43µg (90.47%), Selenium: 62.06µg (88.66%), Folate: 163.39µg (40.85%), Manganese: 0.74mg (37.06%), Phosphorus: 365.03mg (36.5%), Vitamin B1: 0.51mg (33.71%), Vitamin B6: 0.59mg (29.68%), Vitamin B3: 5.88mg (29.41%), Vitamin K: 26.96µg (25.67%), Iron: 4.31mg (23.92%), Magnesium: 84.65mg (21.16%), Vitamin B5: 1.9mg (19.03%), Potassium: 522.29mg (14.92%), Copper: 0.25mg (12.56%), Zinc: 1.43mg (9.54%), Fiber: 2.38g (9.53%), Vitamin A: 338.7IU (6.77%), Vitamin C: 4.97mg (6.02%), Vitamin B2: 0.1mg (5.87%), Calcium: 50.62mg (5.06%)