



Salt and Pepper Bass with Braised Spinach

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup fat-skimmed chicken broth
- 2 teaspoons garlic minced
- 1.5 teaspoons kosher salt
- 2 teaspoons pepper
- 4 teaspoons salad oil
- 10 oz spinach leaves washed
- 1.5 pounds boned white (seabass or grouper bass)
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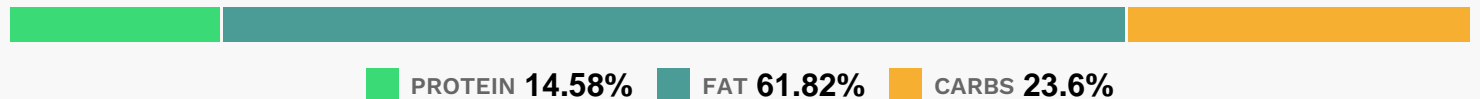
Equipment

- bowl
- frying pan
- spatula

Directions

- In a 10- to 12-inch frying pan over high heat, stir garlic in 2 teaspoons oil until sizzling, 1 to 2 minutes.
- Add spinach (in batches), and broth. Cover, and cook until tender; keep warm.
- Meanwhile, rinse bass, pat dry, and cut into 4 equal pieces.
- Mix kosher salt and pepper together and rub mixture on fish.
- Pour remaining 2 teaspoons oil into a 10- to 12-inch frying pan over high heat. When oil is hot, in about 1 minute, lay bass in pan; cook 3 minutes. With a wide spatula, turn fish and cook until it is opaque but still moist-looking in center of thickest part (cut to test), about 3 minutes more.
- Place bass in wide bowls and spoon bok choy and broth equally around fish.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:17.625652135714%

Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 56.97kcal (2.85%), Fat: 4.34g (6.68%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 1.88g (0.69%), Sugar: 0.34g (0.38%), Cholesterol: 0mg (0%), Sodium: 986.53mg (42.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin K: 346.83µg (330.32%), Vitamin A: 6651.44IU (133.03%), Manganese: 0.79mg (39.61%), Folate: 137.85µg (34.46%), Vitamin C: 20.38mg (24.71%), Magnesium:

58.24mg (14.56%), Vitamin E: 2.15mg (14.34%), Potassium: 419.22mg (11.98%), Iron: 2.07mg (11.5%), Vitamin B2: 0.14mg (8.26%), Vitamin B6: 0.16mg (8.09%), Calcium: 78.42mg (7.84%), Fiber: 1.84g (7.37%), Copper: 0.11mg (5.66%), Vitamin B1: 0.06mg (4.02%), Phosphorus: 40.16mg (4.02%), Vitamin B3: 0.61mg (3.07%), Zinc: 0.41mg (2.73%), Selenium: 1.29µg (1.84%)