



Sautéed Bass with Shiitake Mushroom Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 teaspoons canola oil
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 cup green onions chopped
- ☐ 2 teaspoons bottled ground ginger fresh (such as Spice World)
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup soya sauce low-sodium

- ☐ 0.1 teaspoon salt
- ☐ 24 ounce skinned bass fillets
- ☐ 2 cups shiitake mushroom caps sliced
- ☐ 0.3 cup water

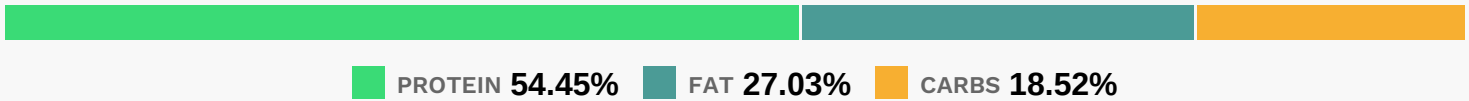
Equipment

- ☐ frying pan

Directions

- ☐ Heat canola oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle salt and pepper over fish.
- ☐ Add fish to pan; cook 2 1/2 minutes on each side or until fish flakes easily with a fork or until desired degree of doneness.
- ☐ Remove fish from pan; cover and keep warm.
- ☐ Add mushrooms and sesame oil to pan; saut 2 minutes.
- ☐ Add ginger and garlic to pan; saut 1 minute.
- ☐ Add the green onions and remaining ingredients to pan; saut 2 minutes.
- ☐ Serve with fish.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:2.05, Inflammation Score:-7, Nutrition Score:27.993478204893%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 253.21kcal (12.66%), Fat: 7.67g (11.8%), Saturated Fat: 1.19g (7.47%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 8.05g (2.93%), Sugar: 3.49g (3.88%), Cholesterol: 136.08mg (45.36%), Sodium: 779.23mg (33.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.78g (69.56%), Vitamin B12: 6.5µg (108.3%), Selenium: 69.5µg (99.28%), Vitamin K: 53.44µg (50.9%), Phosphorus: 503.05mg (50.3%), Vitamin B6: 0.91mg (45.29%), Vitamin B3: 8.38mg (41.88%), Manganese: 0.76mg (37.77%), Vitamin B5: 3.06mg (30.58%), Magnesium: 109.57mg (27.39%), Potassium: 926.99mg (26.49%), Vitamin B2: 0.36mg (21.07%), Fiber: 3.78g (15.12%), Iron: 2.71mg (15.03%), Zinc: 2.12mg (14.15%), Vitamin B1: 0.21mg (14.07%), Folate: 53.94µg (13.48%), Copper: 0.25mg (12.71%), Vitamin A: 403.32IU (8.07%), Vitamin C: 6.55mg (7.94%), Calcium: 54.95mg (5.49%), Vitamin E: 0.57mg (3.83%), Vitamin D: 0.45µg (3.01%)