



Sea Bass and Cucumbers in Champagne Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup cream light whole
- 1 cucumber seedless halved lengthwise cut into 1/4-inch slices
- 0.5 teaspoon salt
- 2 spring onion cut into 2-inch pieces
- 1.5 pounds sea bass fillets (cut into 4 pieces)
- 1.5 cups sparkling wine dry

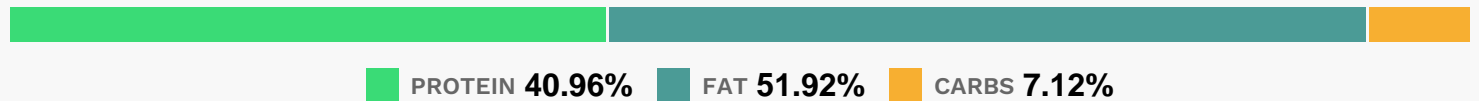
Equipment

frying pan

Directions

- Place the champagne in a large skillet and bring to a boil over high heat.
- Add the salt, scallions, and sea bass and return to a boil. Reduce heat to low, cover, and simmer 5 minutes.
- Add the cucumbers and cook 3 to 5 minutes more or until the fish just flakes when tested with a fork.
- Remove the fish and vegetables from the skillet and keep warm. Increase heat to high and boil the liquid in the skillet, uncovered, until reduced to 1/2 cup, about 5 minutes. Blend in the light cream. Spoon some sauce onto each of 4 plates. Arrange the vegetables and fish on top.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:19.628695570904%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 352.38kcal (17.62%), Fat: 17.91g (27.55%), Saturated Fat: 9.56g (59.73%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 4.99g (1.82%), Sugar: 2.46g (2.73%), Cholesterol: 185.82mg (61.94%), Sodium: 431.94mg (18.78%), Alcohol: 5.66g (100%), Alcohol %: 1.86% (100%), Protein: 31.79g (63.58%), Vitamin B12: 6.59µg (109.79%), Selenium: 62.75µg (89.64%), Phosphorus: 397.62mg (39.76%), Vitamin B6: 0.57mg (28.71%), Vitamin K: 25.93µg (24.7%), Magnesium: 90.98mg (22.75%), Potassium: 683.67mg (19.53%), Vitamin B3: 3.78mg (18.92%), Vitamin B5: 1.59mg (15.91%), Vitamin A: 745.61IU (14.91%), Vitamin B1: 0.2mg (13.63%), Iron: 2.1mg (11.65%), Vitamin B2: 0.15mg (8.56%), Calcium: 80.9mg (8.09%), Zinc: 1.04mg (6.92%), Folate: 27.08µg (6.77%), Copper: 0.1mg (5.08%), Manganese: 0.1mg (4.78%), Vitamin C: 3.5mg (4.24%), Vitamin E: 0.45mg (3%), Fiber: 0.53g (2.12%), Vitamin D: 0.27µg (1.79%)