



Sea Bass Crusted with Moroccan Spices

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons pepper black freshly ground
- 1 teaspoon caraway seeds
- 0.3 teaspoon pepper red crushed
- 1 tablespoon cilantro leaves fresh minced
- 3 garlic cloves crushed
- 2 tablespoons ground coriander
- 1 teaspoon ground cumin
- 0.3 cup juice of lemon fresh

- 1 tablespoon olive oil
- 1 teaspoon paprika
- 0.3 teaspoon salt
- 24 ounce sea bass fillets ()

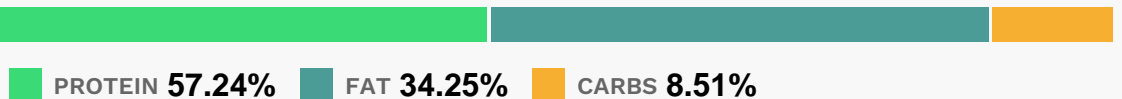
Equipment

- bowl
- frying pan
- ziploc bags

Directions

- To prepare marinade, combine first 5 ingredients in a large zip-top plastic bag; add fish to bag. Seal and marinate in refrigerator 45 minutes.
- Remove fish from bag; discard marinade.
- To prepare spice rub, combine coriander and the next 5 ingredients (coriander through salt) in a medium bowl. Rub fish with spice mixture to coat.
- Heat the oil in a large nonstick skillet over medium heat.
- Add the fish; cook 6 minutes on each side or until the fish flakes easily when tested with a fork.
- Garnish with lemon wedges and cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:18.526956516763%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg,

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Nutrients (% of daily need)

Calories: 217.93kcal (10.9%), Fat: 8.26g (12.7%), Saturated Fat: 1.42g (8.85%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 2.76g (1%), Sugar: 0.49g (0.54%), Cholesterol: 136.08mg (45.36%), Sodium: 267.75mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.05g (62.09%), Vitamin B12: 6.5µg (108.3%), Selenium: 63.27µg (90.38%), Phosphorus: 360.59mg (36.06%), Vitamin B6: 0.57mg (28.28%), Magnesium: 83.7mg (20.93%), Vitamin B3: 3.77mg (18.87%), Potassium: 535.26mg (15.29%), Iron: 2.55mg (14.15%), Manganese: 0.27mg (13.7%), Vitamin B5: 1.34mg (13.37%), Vitamin B1: 0.19mg (12.83%), Vitamin A: 457.92IU (9.16%), Vitamin C: 7.3mg (8.85%), Fiber: 1.86g (7.43%), Calcium: 62.51mg (6.25%), Zinc: 0.92mg (6.15%), Copper: 0.11mg (5.68%), Vitamin E: 0.76mg (5.09%), Folate: 19.04µg (4.76%), Vitamin B2: 0.08mg (4.46%), Vitamin K: 4.65µg (4.43%)