



Sea Bass with Citrus and Soy



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 3 tablespoons ginger fresh peeled finely chopped
- ☐ 4 servings green onions chopped
- ☐ 0.5 cup orange juice
- ☐ 2 tablespoons oriental sesame oil
- ☐ 0.5 cup pineapple juice
- ☐ 24 ounce sea bass fillets
- ☐ 0.3 cup soya sauce

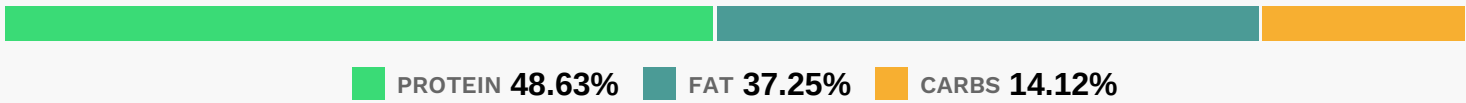
Equipment

- ☐ frying pan
- ☐ glass baking pan

Directions

- ☐ Mix first 6 ingredients in 8x8x2-inch glass baking dish.
- ☐ Add fish; turn to coat. Chill 2 hours, turning fish occasionally.
- ☐ Place steamer rack in large skillet. Arrange fish on rack.
- ☐ Pour marinade into skillet under rack and bring to boil. Cover skillet and steam fish until just opaque in center, about 8 minutes.
- ☐ Transfer fish to plates.
- ☐ Remove steamer rack from skillet. Boil marinade until reduced enough to coat spoon, about 6 minutes; spoon over fish. Top with green onions.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:3.72, Inflammation Score:-6, Nutrition Score:19.738695642223%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 274.38kcal (13.72%), Fat: 11.14g (17.14%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 8.95g (3.26%), Sugar: 6.11g (6.79%), Cholesterol: 136.08mg (45.36%), Sodium: 1199.89mg (52.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.73g (65.45%), Vitamin B12: 6.5µg (108.3%), Selenium: 62.38µg (89.11%), Phosphorus: 373.74mg (37.37%), Vitamin B6: 0.6mg (30.22%), Vitamin C: 19.89mg (24.11%), Vitamin B3: 4.59mg (22.97%), Magnesium: 86.27mg (21.57%), Potassium: 616.39mg (17.61%), Vitamin B1: 0.23mg

(15.42%), Manganese: 0.3mg (14.89%), Vitamin B5: 1.44mg (14.39%), Vitamin K: 13.55µg (12.9%), Iron: 2.17mg (12.04%), Folate: 37.88µg (9.47%), Copper: 0.13mg (6.5%), Vitamin B2: 0.1mg (6.06%), Vitamin A: 302.39IU (6.05%), Zinc: 0.85mg (5.7%), Calcium: 41.88mg (4.19%), Fiber: 0.55g (2.21%), Vitamin E: 0.18mg (1.21%)