



Sea Bass with Moroccan Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon ground pepper (scant)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons mint leaves fresh packed chopped ()
- ☐ 0.3 cup golden raisins
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup kalamata olives black pitted chopped
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 5 tablespoons olive oil
- ☐ 2 teaspoons orange zest grated
- ☐ 3 medium size bell pepper red
- ☐ 0.5 cup onion red chopped
- ☐ 36 ounce sea bass fillets

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ broiler
- ☐ tongs

Directions

- ☐ Char peppers over gas flame or in broiler until blackened on all sides, turning frequently with tongs.
- ☐ Transfer peppers to medium bowl. Cover with foil; let stand 10 minutes. Peel, seed and coarsely chop peppers; return to same bowl.
- ☐ Heat 1 tablespoon oil in heavy small skillet over medium heat.
- ☐ Add cumin and cinnamon; stir until fragrant, about 1 minute.
- ☐ Pour oil mixture over peppers.
- ☐ Mix in olives, next 7 ingredients and 2 tablespoons oil. Season salsa with salt and pepper. (Can be made 2 hours ahead. Cover; let stand at room temperature, tossing occasionally.)
- ☐ Preheat broiler.
- ☐ Brush fish all over with 2 tablespoons oil.
- ☐ Sprinkle with salt and pepper. Broil until fish is opaque in center, about 2 1/2 minutes per side.
- ☐ Transfer fish to plates. Spoon salsa over.

Nutrition Facts



Properties

Glycemic Index:31.61, Glycemic Load:3.63, Inflammation Score:-9, Nutrition Score:26.20521725779%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 329.35kcal (16.47%), Fat: 17.72g (27.25%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 8.9g (3.24%), Sugar: 6.93g (7.7%), Cholesterol: 136.08mg (45.36%), Sodium: 298.39mg (12.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.42g (62.84%), Vitamin B12: 6.5µg (108.3%), Vitamin C: 82.08mg (99.49%), Selenium: 62.41µg (89.16%), Vitamin A: 2268.62IU (45.37%), Vitamin B6: 0.74mg (36.82%), Phosphorus: 368.17mg (36.82%), Vitamin B3: 4.35mg (21.74%), Vitamin E: 3.16mg (21.06%), Magnesium: 83.6mg (20.9%), Potassium: 663.66mg (18.96%), Vitamin B5: 1.52mg (15.16%), Vitamin B1: 0.22mg (14.56%), Iron: 2.3mg (12.78%), Vitamin K: 13.32µg (12.69%), Folate: 50.1µg (12.53%), Fiber: 2.51g (10.04%), Manganese: 0.2mg (9.79%), Vitamin B2: 0.13mg (7.52%), Zinc: 0.93mg (6.18%), Copper: 0.12mg (5.84%), Calcium: 53.1mg (5.31%)