






 **77%**
HEALTH SCORE

Sea Bass with Vegetable Melange

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

55 min.

SERVINGS

4

CALORIES

197 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 1 tablespoon stick margarine
- 0.5 cup onion chopped
- 2 medium carrots cut into 2x1/4x1/4-inch strips (1 cup)
- 1 medium bell pepper red cut into 1/4-inch strips
- 1 small zucchini cut into 2x1/4x1/4-inch strips (1 cup)
- 1 teaspoon lemon zest grated
- 0.3 teaspoon salt
- 0.1 teaspoon tarragon dried

- 1 pound fish fillet
- 1 tablespoon stick margarine melted
- 2 tablespoons parsley fresh chopped
- 1 teaspoon lemon zest grated
- 1 tablespoon juice of lemon

Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 425°.
- Melt 1 tablespoon butter in 10-inch nonstick skillet over medium-high heat. Cook onion and carrots in butter 2 minutes, stirring frequently. Stir in bell pepper. Cook 1 minute, stirring frequently. Stir in zucchini, 1 teaspoon lemon peel, the salt and tarragon. Cook 1 minute, stirring frequently; remove from heat.
- Cut fish into 4 serving pieces (skin can be left on). If fish has skin, place fish skin side down in ungreased rectangular baking dish, 11x7x1 1/2 inches.
- Mix remaining ingredients; spread over fish. Spoon vegetable mixture around fish.
- Bake uncovered 20 to 25 minutes or until fish flakes easily with fork.
- Remove skin from fish before serving if desired.

Nutrition Facts



Properties

Glycemic Index:55.71, Glycemic Load:1.89, Inflammation Score:-10, Nutrition Score:22.313913055088%

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 Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 197.48kcal (9.87%), Fat: 8.19g (12.6%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 5.84g (2.12%), Sugar: 4.43g (4.93%), Cholesterol: 56.7mg (18.9%), Sodium: 300.68mg (13.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.19%), Vitamin A: 6522.49IU (130.45%), Selenium: 47.64µg (68.05%), Vitamin C: 52.09mg (63.14%), Vitamin K: 41.22µg (39.26%), Vitamin B12: 1.8µg (29.98%), Vitamin B3: 5.21mg (26.07%), Vitamin D: 3.52µg (23.44%), Phosphorus: 231.67mg (23.17%), Vitamin B6: 0.39mg (19.59%), Potassium: 630.59mg (18.02%), Folate: 61.74µg (15.44%), Magnesium: 46.97mg (11.74%), Manganese: 0.21mg (10.3%), Vitamin E: 1.42mg (9.44%), Fiber: 2.3g (9.21%), Vitamin B2: 0.15mg (9.08%), Vitamin B5: 0.84mg (8.37%), Vitamin B1: 0.11mg (7.29%), Copper: 0.13mg (6.62%), Iron: 1.16mg (6.46%), Zinc: 0.68mg (4.53%), Calcium: 40.15mg (4.02%)