



WHATSheATE



Seared Black Sea Bass with Bitter Greens, Fennel, Grapefruit and Feta Salad

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup fennel bulb diced
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 ruby grapefruit red
- ☐ 2 cups bitter greens sliced
- ☐ 2 tablespoons kalamata olives pitted
- ☐ 2 servings kosher salt
- ☐ 2 servings olive oil extra-virgin

- ☐ 0.3 1/4 ruby red grapefruit red juiced
- ☐ 0.3 small onion red thinly sliced
- ☐ 12 ounce sea bass fillets black

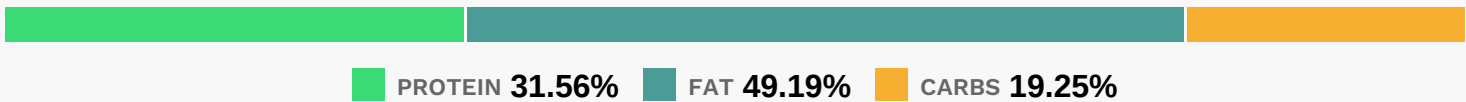
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ spatula

Directions

- ☐ Coat a large saute pan with olive oil and bring to a high heat. Coat the bottom of another smaller saute pan with olive oil.
- ☐ Sprinkle the fish with salt on both sides. When the large saute pan is screaming hot but not quite smoking, lay the fish fillets in the pan, skin-side down. Do not crowd the pan, you may have to work in batches. After you put the fish in the pan, place the other small saute pan directly on top of the fish fillets. This applies gentle pressure to the fish and forces the skin to have contact with the pan and will create crispy skin. Cook the fish for 3 to 4 minutes, and then remove the top pan. Shake the pan a little to unstick the fish. Use a fish spatula to flip the fish fillets, and cook for 2 more minutes on the other side.
- ☐ Remove from the pan and serve, or keep warm until the remaining fish is cooked.
- ☐ In a large mixing bowl, dress the greens, fennel and red onions with olive oil and the grapefruit juice. Season with salt. Toss in the olive slivers and grapefruit supremes.
- ☐ Divide the salad between 2 serving plates and sprinkle with the feta. Lean a fish fillet on each salad.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:4.45, Inflammation Score:-9, Nutrition Score:29.113478222619%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 50.18mg, Naringenin: 50.18mg, Naringenin: 50.18mg, Naringenin: 50.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 449.82kcal (22.49%), Fat: 24.86g (38.25%), Saturated Fat: 6.34g (39.65%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 18.26g (6.64%), Sugar: 12.07g (13.42%), Cholesterol: 158.33mg (52.78%), Sodium: 743.5mg (32.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.9g (71.79%), Vitamin B12: 6.92µg (115.34%), Selenium: 66.44µg (94.92%), Vitamin C: 60.88mg (73.79%), Vitamin A: 2541.97IU (50.84%), Phosphorus: 479.5mg (47.95%), Vitamin B6: 0.76mg (37.95%), Magnesium: 96.98mg (24.25%), Potassium: 840.97mg (24.03%), Vitamin B3: 4.53mg (22.64%), Vitamin K: 22.7µg (21.62%), Calcium: 206.03mg (20.6%), Vitamin B5: 2.04mg (20.38%), Vitamin B2: 0.34mg (20.05%), Vitamin B1: 0.3mg (19.79%), Vitamin E: 2.69mg (17.96%), Folate: 66.82µg (16.71%), Fiber: 3.63g (14.53%), Iron: 2.27mg (12.63%), Zinc: 1.66mg (11.08%), Manganese: 0.18mg (9.25%), Copper: 0.16mg (7.97%)