



Sheila's Fish with Tequila Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup green onions sliced
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 12 ounce sea bass fillets thick ()

- ☐ 1 tablespoon tequila
- ☐ 1.5 cups tomatoes chopped

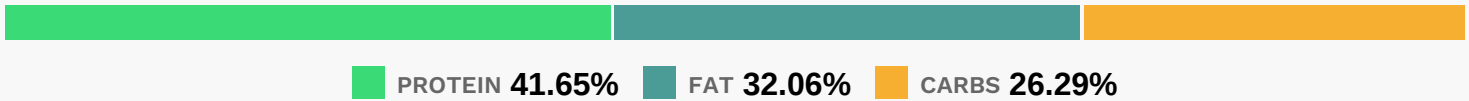
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Combine 1/4 teaspoon pepper, tomato, and next 4 ingredients (tomato through tequila) in a small bowl. Cover and chill 2 hours.
- ☐ Preheat oven to 35
- ☐ Combine 1/4 teaspoon pepper, flour, and salt in a shallow bowl; dredge fish in flour mixture.
- ☐ Heat olive oil in a medium nonstick skillet over medium–high heat.
- ☐ Add fish; cook 5 minutes on one side or until browned. Turn fish over; top with tomato mixture. Wrap handle of skillet with foil; bake at 350 for 15 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:112, Glycemic Load:10.23, Inflammation Score:-8, Nutrition Score:26.806521705959%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 338.31kcal (16.92%), Fat: 11.43g (17.58%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 18.39g (6.69%), Sugar: 4.09g (4.55%), Cholesterol: 136.08mg (45.36%), Sodium: 709.58mg (30.85%), Alcohol: 2.51g (100%), Alcohol %: 0.86% (100%), Protein: 33.4g (66.8%), Vitamin B12: 6.5µg (108.3%), Selenium: 67.59µg (96.56%), Vitamin K: 65.85µg (62.71%), Phosphorus: 395.24mg (39.52%), Vitamin C: 29.38mg (35.61%), Vitamin B6: 0.64mg (31.76%), Vitamin A: 1351.57IU (27.03%), Vitamin B3: 5.34mg (26.71%), Vitamin B1: 0.36mg (23.78%), Potassium: 829.41mg (23.7%), Magnesium: 92.12mg (23.03%), Folate: 79.86µg (19.96%), Manganese: 0.37mg (18.58%), Iron: 2.95mg (16.41%), Vitamin B5: 1.51mg (15.09%), Vitamin E: 1.83mg (12.22%), Fiber: 2.69g (10.75%), Vitamin B2: 0.18mg (10.32%), Copper: 0.18mg (8.97%), Zinc: 1.11mg (7.42%), Calcium: 64.24mg (6.42%)