



Skewered Sea Bass with Spinach Pesto and Mango Salsa

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

READY IN



35 min.

SERVINGS



4

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound baby spinach leaves
- 5 basil leaves thinly sliced
- 10 cherry tomatoes finely chopped
- 1 cup olive oil extra virgin divided bertolli®
- 6 cloves garlic divided
- 2 green onions sliced
- 3 semi-ripe mangoes julienned

- 6 mint leaves finely chopped
- 0.3 cup parmesan cheese grated
- 1 cup pinenuts
- 2 pounds sea bass cut into 1-inch pieces

Equipment

- food processor
- bowl
- baking pan
- grill
- skewers

Directions

- Finely chop 1 clove garlic.
- Combine 1/2 cup Bertolli® Extra Virgin Olive Oil, mint and chopped garlic in large nonaluminum baking dish.
- Add sea bass; gently toss to coat. Cover and marinate in refrigerator up to 1 hour.
- Meanwhile, combine mangos, tomatoes, onions and basil in large bowl. Cover and refrigerate until ready to serve.
- Process spinach, remaining 3 cloves garlic, pine nuts, remaining 1/2 cup Olive Oil and cheese in food processor until smooth; set aside.
- Remove sea bass from marinade, discarding marinade. Skewer sea bass, then grill or broil, turning occasionally, 5 minutes or until sea bass flakes with a fork.
- Serve sea bass with pesto and mango salsa.

Nutrition Facts

 PROTEIN **28.19%**  FAT **52.58%**  CARBS **19.23%**

Properties

Glycemic Index:53.94, Glycemic Load:11.54, Inflammation Score:-10, Nutrition Score:52.146956690628%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 692.55kcal (34.63%), Fat: 41.83g (64.35%), Saturated Fat: 5.46g (34.11%), Carbohydrates: 34.41g (11.47%), Net Carbohydrates: 28.76g (10.46%), Sugar: 23.97g (26.63%), Cholesterol: 186.87mg (62.29%), Sodium: 319.99mg (13.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.45g (100.9%), Vitamin K: 320.94µg (305.65%), Manganese: 3.77mg (188.46%), Vitamin A: 7622.59IU (152.45%), Vitamin B12: 8.75µg (145.8%), Selenium: 87.59µg (125.13%), Vitamin C: 85.5mg (103.64%), Phosphorus: 754.64mg (75.46%), Magnesium: 245.61mg (61.4%), Vitamin B6: 1.11mg (55.41%), Folate: 220.57µg (55.14%), Vitamin E: 7.56mg (50.42%), Potassium: 1508.16mg (43.09%), Copper: 0.82mg (41.08%), Vitamin B3: 8.02mg (40.09%), Iron: 6.19mg (34.4%), Vitamin B1: 0.47mg (31.2%), Zinc: 3.95mg (26.34%), Vitamin B5: 2.26mg (22.62%), Fiber: 5.66g (22.62%), Vitamin B2: 0.36mg (20.93%), Calcium: 189.66mg (18.97%)