

Smoky-Spicy Bass

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 fillet bass black
- 0.3 teaspoon cayenne pepper
- 1 teaspoon coriander
- 1.5 teaspoons sea salt
- 1.5 teaspoons granulated onion
- 4 servings lemon wedges for garnish
- 1 teaspoon mustard dried
- 1 leaves parsley chopped for garnish

- 4 servings salt and pepper black freshly ground
- 1 tablespoon paprika smoked sweet
- 2 tablespoons vegetable oil

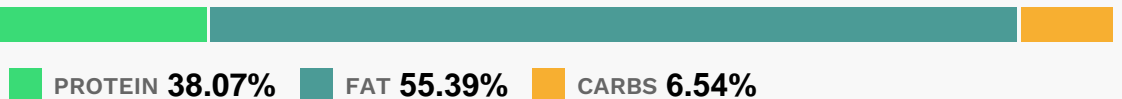
Equipment

- bowl
- frying pan
- oven
- knife

Directions

- Preheat the oven to 250 degrees F.
- Heat a cast iron skillet over medium-high to high heat. Put a platter in the oven to warm.
- Combine all the spices in a small bowl. Score the skin of the fish with several shallow hash marks using a very sharp knife. Season the fish on both sides with lots of salt and pepper, to taste, and rub both sides with spices.
- Add the oil to the hot pan and cook the fish in 2 batches, until firm, about 4 minutes on each side.
- Transfer the fillets to the warm platter.
- Serve with lemon wedges and garnish with parsley or chives.

Nutrition Facts



Properties

Glycemic Index:51.38, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:9.9304348696833%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Myricetin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 163.18kcal (8.16%), Fat: 10.03g (15.43%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 1.69g (0.62%), Sugar: 0.32g (0.35%), Cholesterol: 53.72mg (17.91%), Sodium: 71.69mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.02%), Manganese: 0.77mg (38.61%), Vitamin B12: 1.58µg (26.33%), Vitamin A: 1017.36IU (20.35%), Vitamin K: 18.41µg (17.53%), Phosphorus: 172.76mg (17.28%), Selenium: 10.89µg (15.55%), Potassium: 350.57mg (10.02%), Iron: 1.7mg (9.46%), Vitamin B6: 0.16mg (8.08%), Vitamin E: 1.12mg (7.48%), Magnesium: 29.7mg (7.43%), Calcium: 73.01mg (7.3%), Vitamin B5: 0.66mg (6.58%), Vitamin B3: 1.2mg (5.99%), Vitamin B1: 0.08mg (5.12%), Vitamin B2: 0.08mg (4.99%), Copper: 0.1mg (4.99%), Zinc: 0.67mg (4.46%), Fiber: 0.98g (3.9%), Folate: 14.46µg (3.61%), Vitamin C: 2.75mg (3.34%)