



Spice-Baked Sea Bass and Red Lentils



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 16 ounces green lentils washed and drained
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cloves garlic finely chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 2 teaspoons ground ginger
- ☐ 1.3 teaspoons kosher salt
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 3 tablespoons olive oil
- ☐ 24 ounce sea bass fillets skinless
- ☐ 4 cups vegetable broth low-sodium
- ☐ 1 large onion yellow finely chopped

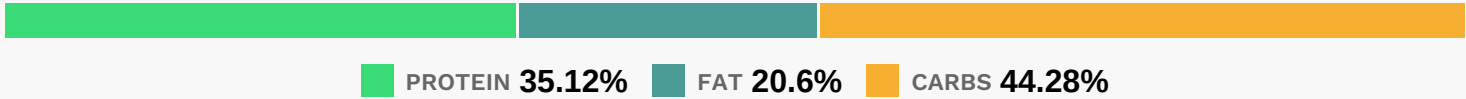
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400 F.
- ☐ Heat 2 tablespoons of the oil in a large saucepan over medium heat.
- ☐ Add the onion and cook for 7 minutes or until soft.
- ☐ Add the garlic, ginger, and cumin and cook, stirring, for 1 minute.
- ☐ Add the lentils and broth and bring to a boil. Reduce heat and simmer, stirring occasionally, until the lentils are tender, about 20 minutes. Stir in the lemon juice, 1/4 teaspoon of the pepper, and 3/4 teaspoon of the salt.
- ☐ Remove from heat. Meanwhile, in a small bowl, combine the coriander (if using), thyme, and the remaining salt and pepper.
- ☐ Place the fish in a baking dish, drizzle with the remaining oil, and sprinkle the tops with the spice mixture.
- ☐ Bake until the fish is the same color throughout and flakes easily, about 10 minutes. Divide the lentils among individual plates and serve with the fish. Tip: If sea bass isn't available, you can substitute another firm fish, such as grouper, cod, or halibut.

Nutrition Facts



Properties

Glycemic Index:29.65, Glycemic Load:9.21, Inflammation Score:-9, Nutrition Score:48.379130197608%

Flavonoids

Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg

Nutrients (% of daily need)

Calories: 699.95kcal (35%), Fat: 15.96g (24.56%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 77.19g (25.73%), Net Carbohydrates: 40.57g (14.75%), Sugar: 5.25g (5.84%), Cholesterol: 136.08mg (45.36%), Sodium: 854.61mg (37.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.23g (122.46%), Fiber: 36.63g (146.51%), Folate: 568.5µg (142.12%), Vitamin B12: 6.5µg (108.3%), Selenium: 72.53µg (103.61%), Manganese: 2.01mg (100.51%), Phosphorus: 868.36mg (86.84%), Vitamin B1: 1.19mg (79.27%), Iron: 11.03mg (61.29%), Vitamin B6: 1.2mg (60.12%), Magnesium: 216.79mg (54.2%), Potassium: 1621.96mg (46.34%), Zinc: 6.27mg (41.82%), Vitamin B5: 3.78mg (37.81%), Copper: 0.68mg (33.92%), Vitamin B3: 6.73mg (33.65%), Vitamin B2: 0.31mg (18.17%), Vitamin C: 12.71mg (15.41%), Vitamin E: 2.13mg (14.2%), Vitamin K: 14.77µg (14.06%), Calcium: 113.18mg (11.32%), Vitamin A: 214.82IU (4.3%)