



## Spicy Soy-Ginger Grilled Striped Bass with Asparagus

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 lb asparagus trimmed for another use
- ☐ 6 servings pepper black freshly ground
- ☐ 0.3 cup canola oil
- ☐ 1.5 teaspoons ginger fresh minced
- ☐ 6 servings kosher salt
- ☐ 2 tablespoons juice of lemon divided
- ☐ 2 tablespoons soy sauce reduced-sodium

- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1.5 teaspoons ground ginger
- ☐ 0.5 teaspoon pepper red
- ☐ 0.8 pound bass fillets white firm cut into six 2-oz. servings
- ☐ 1.5 teaspoons sugar

## Equipment

- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ aluminum foil

## Directions

- ☐ In a blender, combine soy sauce, 1 tbsp. lemon juice, the sugar, fresh and powdered ginger, and red pepper flakes and blend to combine. With the machine running, slowly pour in canola oil and continue blending until emulsified, about 30 seconds.
- ☐ Spread asparagus on a rimmed pan, pour half the marinade over it, and toss to coat. Reserve remaining marinade.
- ☐ Prepare a gas or charcoal grill for direct high-heat grilling (450 to 550; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). Rinse fish; pat dry. Season on both sides with salt and pepper and drizzle with olive oil and the remaining lemon juice.
- ☐ When grill is ready, lightly oil the cooking grate and put fish on grate skin side down. Grill 3 minutes, then turn and continue grilling until fish is no longer translucent inside (cut to test), 2 to 3 minutes longer.
- ☐ Transfer to a clean plate and tent with foil to keep warm.
- ☐ Grill asparagus spears, turning once or twice, until tender and browned, about 5 to 6 minutes. Divide fish among 6 plates and top each with several asparagus spears. Use a spoon to drizzle with some of the reserved marinade.

## Nutrition Facts



 **PROTEIN 26.13%**  **FAT 62.9%**  **CARBS 10.97%**

Properties

Glycemic Index:24.85, Glycemic Load:1.15, Inflammation Score:-6, Nutrition Score:12.917391186175%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg

Nutrients (% of daily need)

Calories: 184.04kcal (9.2%), Fat: 13.16g (20.25%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.61g (2.9%), Cholesterol: 45.36mg (15.12%), Sodium: 429.48mg (18.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.3g (24.61%), Vitamin K: 39.85µg (37.96%), Vitamin B12: 2.17µg (36.1%), Selenium: 22.79µg (32.56%), Vitamin E: 2.92mg (19.46%), Manganese: 0.33mg (16.75%), Phosphorus: 162.5mg (16.25%), Vitamin A: 672.97IU (13.46%), Iron: 2.33mg (12.92%), Vitamin B6: 0.26mg (12.87%), Folate: 47.94µg (11.99%), Vitamin B1: 0.17mg (11.27%), Vitamin B3: 2.07mg (10.34%), Magnesium: 38.95mg (9.74%), Potassium: 335.12mg (9.57%), Copper: 0.17mg (8.53%), Vitamin B2: 0.14mg (8.24%), Vitamin C: 6.2mg (7.51%), Fiber: 1.8g (7.21%), Vitamin B5: 0.66mg (6.62%), Zinc: 0.71mg (4.72%), Calcium: 30.34mg (3.03%)