



## Steamed Sea Bass or Red Snapper



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 small bamboo skewers canned
- 3 slices ginger fresh
- 3 slices ham
- 1 teaspoon salt
- 2 spring onion
- 1 snapper red
- 1 tablespoon cooking sherry

### Equipment

kitchen scale

## Directions

- Wash and clean tung ku. Soak in hot water for 20 minutes until softened.
- Drain and save 1 tablespoon of the liquid.
- Remove stem and cut into shreds.
- Scale and clean fish. Keep the head and tail on if you want to serve the fish real Chinese style. Be sure fish is at room temperature.
- Cut slashes on 45 angle at inch intervals on both sides. Rub the fish both inside and outside with salt.
- Cut ham, bamboo shoot, scallions and ginger into fine shreds.
- Place fish on a serving plate or Pyrex plate.
- Spread tung ku, bamboo shoot , scallion, ginger and ham shreds over fish.
- Mix sherry with 1 tablespoon tung ku liquid and pour over fish. Steam over vigorously boiling water for 10 minutes. Test the meat in slashes. If meat flakes from the bone, it's done. Otherwise steam 5 more minutes.
- Garnish with Chinese parsley.

## Nutrition Facts

PROTEIN **76.54%**  FAT **22.23%**  CARBS **1.23%**

## Properties

Glycemic Index:23.5, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:24.530000033586%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 282.27kcal (14.11%), Fat: 6.56g (10.09%), Saturated Fat: 1.9g (11.89%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.62g (0.23%), Sugar: 0.21g (0.23%), Cholesterol: 96.27mg (32.09%), Sodium: 976mg (42.43%),

Alcohol: 0.39g (100%), Alcohol %: 0.19% (100%), Protein: 50.82g (101.64%), Vitamin D: 23.1µg (153.98%), Selenium: 90.77µg (129.67%), Vitamin B12: 6.88µg (114.74%), Vitamin B6: 0.99mg (49.4%), Phosphorus: 493.91mg (49.39%), Potassium: 1024.08mg (29.26%), Magnesium: 78.24mg (19.56%), Vitamin B5: 1.79mg (17.93%), Vitamin B1: 0.23mg (15.58%), Vitamin E: 2.27mg (15.16%), Vitamin K: 12.66µg (12.06%), Zinc: 1.33mg (8.89%), Vitamin B3: 1.62mg (8.11%), Calcium: 78.75mg (7.87%), Vitamin A: 298.35IU (5.97%), Vitamin C: 4.81mg (5.83%), Copper: 0.09mg (4.48%), Folate: 15.93µg (3.98%), Iron: 0.7mg (3.9%), Vitamin B2: 0.06mg (3.48%), Manganese: 0.05mg (2.58%)