



WHATSheATE



HEALTH SCORE

52%

Striped Bass with Cilantro-Onion Salad



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 avocado pitted peeled



0.5 teaspoon pepper black freshly ground



3 cups cilantro leaves loosely packed (1 bunch)



3 tablespoons juice of lime fresh divided



3 tablespoons olive oil extra virgin extra-virgin divided



2 cups onion thinly sliced



3 tablespoons greek yogurt plain 2% reduced-fat



0.8 teaspoon salt divided

- ☐ 24 ounce bass fillets wild
- ☐ 4 servings all the tabasco sauce you handle
- ☐ 1 tablespoon water

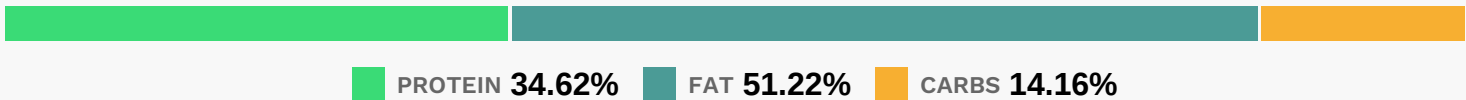
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Combine 2 tablespoons lime juice, yogurt, 1 tablespoon water, 1/4 teaspoon salt, and avocado in a small bowl; mash with a fork until smooth.
- ☐ Heat a large ovenproof skillet over high heat.
- ☐ Add 1 1/2 tablespoons oil to pan; swirl to coat.
- ☐ Sprinkle the fish evenly with remaining 1/2 teaspoon salt and black pepper.
- ☐ Add fish to pan, skin side down, and saut for 2 minutes or until lightly browned.
- ☐ Place pan in oven; cook at 400 for 8 minutes or until desired degree of doneness.
- ☐ Combine remaining 1 tablespoon lime juice and remaining 1 1/2 tablespoons olive oil in a medium bowl, stirring with a whisk.
- ☐ Add cilantro and onion; toss gently to coat. Spoon about 3 tablespoons avocado mixture on each of 4 plates. Top each serving with 1 fillet and 1/2 cup salad.
- ☐ Serve with Tabasco, if desired.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:2.08, Inflammation Score:-8, Nutrition Score:26.159130262292%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 22.65mg, Quercetin: 22.65mg, Quercetin: 22.65mg, Quercetin: 22.65mg

Nutrients (% of daily need)

Calories: 383.29kcal (19.16%), Fat: 22.05g (33.92%), Saturated Fat: 3.43g (21.46%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 8.55g (3.11%), Sugar: 4.39g (4.88%), Cholesterol: 136.64mg (45.55%), Sodium: 573mg (24.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.53g (67.06%), Vitamin B12: 6.58µg (109.61%), Selenium: 63.93µg (91.33%), Vitamin K: 54.87µg (52.26%), Phosphorus: 409.16mg (40.92%), Vitamin B6: 0.77mg (38.28%), Potassium: 891.17mg (25.46%), Magnesium: 96.35mg (24.09%), Vitamin B3: 4.72mg (23.58%), Vitamin B5: 2.2mg (21.95%), Vitamin C: 17.63mg (21.38%), Vitamin A: 1045.42IU (20.91%), Fiber: 5.17g (20.69%), Folate: 80.61µg (20.15%), Vitamin E: 2.9mg (19.31%), Vitamin B1: 0.25mg (16.95%), Manganese: 0.29mg (14.36%), Iron: 2.19mg (12.17%), Vitamin B2: 0.19mg (11.25%), Copper: 0.22mg (10.78%), Zinc: 1.27mg (8.47%), Calcium: 73.65mg (7.37%)