



Thai Roasted Green Fish

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



50 min.

SERVINGS



6

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 3 tablespoons canola oil
- 1 teaspoon fish sauce
- 0.5 cup cilantro leaves fresh loosely packed soft (leaves and stems)
- 0.5 cup mint leaves fresh loosely packed
- 1 teaspoon brown sugar light
- 1 tablespoon juice of lime for later (half a lime, save the other half)
- 1 teaspoon pepper flakes red crushed

- 0.5 teaspoon sesame oil toasted
- 3 pound bass fillets whole

Equipment

- food processor
- baking sheet
- oven
- aluminum foil

Directions

- Preheat the oven to 450 degrees F. Line a large baking sheet with foil or parchment.
- In a food processor, whizz up the lime juice, cilantro, mint, fish sauce, sesame oil, brown sugar, red pepper flakes, pepper, and oil.
- Cut 4 to 5 slits on each side of the fish, almost down to the bone.
- Divide the cilantro paste in half. Rub 1 portion of the paste all over fish, especially into the slits and the cavity of the fish. Reserve the other half for serving.
- Take a large piece of foil and form a loose ball. Stuff it into the cavity so that you can make the fish "sit" on the baking sheet, belly facing down, ridge of the fish's back facing the ceiling. It'll look as if the fish is swimming on the baking sheet!
- Bake until the eyes turn solid white and the flesh flakes easily, 15 to 20 minutes, depending on the size of the fish.
- Taste the leftover marinade, and add juice from the other half of the lime.
- Serve marinade on the side with the fish.

Nutrition Facts

 **PROTEIN 57.17%**  **FAT 40.38%**  **CARBS 2.45%**

Properties

Glycemic Index:10.67, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:19.954782651818%

Flavonoids

Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 292.45kcal (14.62%), Fat: 12.71g (19.56%), Saturated Fat: 1.73g (10.82%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.25g (0.45%), Sugar: 0.76g (0.85%), Cholesterol: 181.44mg (60.48%), Sodium: 242.49mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.5g (80.99%), Vitamin B12: 8.67µg (144.47%), Selenium: 82.97µg (118.52%), Phosphorus: 454.04mg (45.4%), Vitamin B6: 0.7mg (34.98%), Vitamin B3: 4.91mg (24.54%), Magnesium: 96.74mg (24.19%), Potassium: 623.4mg (17.81%), Vitamin B5: 1.73mg (17.31%), Vitamin B1: 0.23mg (15.5%), Iron: 2.2mg (12.23%), Vitamin A: 554.14IU (11.08%), Vitamin E: 1.4mg (9.31%), Vitamin K: 9.7µg (9.24%), Folate: 26.39µg (6.6%), Zinc: 0.98mg (6.5%), Manganese: 0.11mg (5.27%), Vitamin B2: 0.08mg (4.97%), Calcium: 46.9mg (4.69%), Copper: 0.09mg (4.59%), Vitamin C: 2.31mg (2.8%), Fiber: 0.49g (1.95%)