



Whole Grilled Achiote Striped Bass with Spicy Pickled Red Onions

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup achiote paste
- 1 avocado pitted halved sliced for garnish
- 8 servings canola oil
- 0.5 bunch cilantro leaves cleaned roughly chopped for garnish
- 2 teaspoon ground cumin
- 1 juice of lime juiced
- 1 juice of orange juiced

- 1 teaspoon kosher salt
- 2 limes
- 0.5 orange habanero pepper whole seeded chopped
- 2 teaspoon ground oregano
- 1 onion red sliced thin
- 1 teaspoon salt
- 3 bass fillets whole cleaned

Equipment

- bowl
- grill
- spatula

Directions

- Watch how to make this recipe.
- Preheat the grill to medium-high.
- In a medium bowl add the orange juice and the lime juice. Stir in the achiote paste, cumin, oregano and salt.
- Mix into a smooth paste. Rub the paste all over inside and outside of the fish.
- Drizzle both sides of the fish liberally with vegetable or canola oil.
- Put the fish on the grill. Grill until golden, about 4 minutes and then carefully flip the fish over. Grill until the fish starts to separate when lifted with a spatula. Fish will be golden brown with some charring.
- Lay the fish on a large platter. Cover with pickled red onions, sliced avocado and chopped cilantro and serve family style.
- Add the sliced onions to a medium-size bowl large enough for the onions to be spread out into a thin layer. Juice the limes into the bowl, then add the chopped chile and salt. Stir to combine. Allow to sit at room temperature for 2 hours, stirring every 30 minutes or cover and refrigerate overnight. Onions are ready when they are bright pink and softened. Their flavor will be sweet and spicy with a little texture but not crunchy.

Nutrition Facts

PROTEIN 48.39% FAT 46.1% CARBS 5.51%

Properties

Glycemic Index:29.75, Glycemic Load:1.32, Inflammation Score:-8, Nutrition Score:28.186956675156%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 8.44mg, Hesperetin: 8.44mg, Hesperetin: 8.44mg, Hesperetin: 8.44mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 509.74kcal (25.49%), Fat: 25.76g (39.63%), Saturated Fat: 4.41g (27.55%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 4.22g (1.53%), Sugar: 1.79g (1.99%), Cholesterol: 270mg (90%), Sodium: 818.29mg (35.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.83g (121.67%), Vitamin B12: 12.89µg (214.88%), Selenium: 123.49µg (176.42%), Phosphorus: 693.86mg (69.39%), Vitamin B6: 1.12mg (55.83%), Vitamin B3: 7.67mg (38.34%), Magnesium: 149.26mg (37.31%), Vitamin K: 35.98µg (34.27%), Potassium: 1062.38mg (30.35%), Vitamin B5: 2.96mg (29.61%), Vitamin B1: 0.38mg (25.21%), Iron: 3.66mg (20.33%), Vitamin C: 14.36mg (17.41%), Folate: 58.99µg (14.75%), Vitamin E: 1.84mg (12.27%), Fiber: 2.7g (10.82%), Zinc: 1.6mg (10.68%), Copper: 0.18mg (9.14%), Vitamin B2: 0.15mg (8.79%), Vitamin A: 420.5IU (8.41%), Calcium: 77.1mg (7.71%), Manganese: 0.15mg (7.68%)