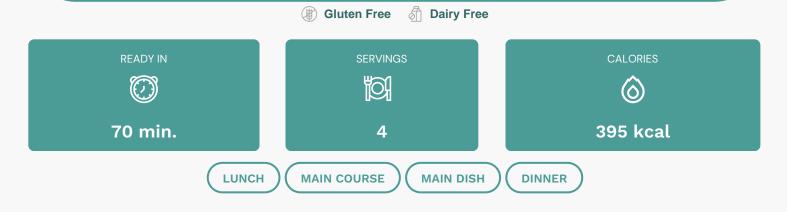


Whole Grilled Sea Bass with Chimichurri Sauce



Ingredients

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1 bunch flat-leaf parsley chopped
2 large garlic cloves chopped
2 juice of lemon
2 teaspoons kosher salt
0.3 cup olive oil extra-virgin
1 tbsp pepper

1 bunch cilantro leaves chopped

	1 teaspoon chile flakes red	
	2 lbs scaled striped bass whole cleaned	
Equipment		
	baking sheet	
	paper towels	
	knife	
	whisk	
	plastic wrap	
	grill	
	skewers	
	mortar and pestle	
	metal skewers	
Di	rections	
	Blend garlic with salt in a mortar with a pestle to make a thick paste.	
	Add pepper, chile flakes, and lemon juice and zest, mixing to blend. Stir in herbs.	
	Drizzle in oil, whisking, until mixture becomes a loose pesto. Makes about 1 cup sauce.	
	Rinse fish, pat dry, then cut a few slashes into its sides, parallel to the gills. Set on a rimmed baking sheet. Rub inside and out with 1/4 cup sauce. Cover loosely with plastic wrap and let marinate at least 30 minutes and not more than 1 hour.	
	Brush cooking grates with an oil-soaked paper towel.	
	Heat grill to medium heat (350 to 450).	
	Transfer fish to an oiled grill basket and close basket. Cook fish, turning once halfway through, until fish is opaque, about 12 minutes. Insert a thin knife or metal skewer into the thickest part of the fish and leave it for 30 seconds.	
	Remove skewer and hold it against the inside of your wrist; it should feel warm. If it's still cool, grill fish another 2 to 5 minutes.	
	Serve with extra sauce on the side.	

Nutrition Facts

Properties

Glycemic Index:31.5, Glycemic Load:0.47, Inflammation Score:-9, Nutrition Score:28.27739137152%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 395.41kcal (19.77%), Fat: 23.57g (36.26%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.58g (0.64%), Cholesterol: 181.44mg (60.48%), Sodium: 1337.39mg (58.15%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 41.05g (82.1%), Vitamin K: 253.75µg (241.66%), Vitamin B12: 8.66µg (144.39%), Selenium: 83.22µg (118.88%), Phosphorus: 465.65mg (46.56%), Vitamin B6: 0.74mg (36.83%), Vitamin A: 1696.99IU (33.94%), Vitamin C: 25.77mg (31.24%), Magnesium: 102.98mg (25.74%), Vitamin B3: 5.07mg (25.35%), Potassium: 721.53mg (20.62%), Vitamin E: 2.98mg (19.86%), Vitamin B5: 1.82mg (18.23%), Iron: 3.2mg (17.8%), Vitamin B1: 0.25mg (16.66%), Manganese: 0.29mg (14.75%), Folate: 46.75µg (11.69%), Zinc: 1.14mg (7.58%), Calcium: 67.83mg (6.78%), Copper: 0.13mg (6.44%), Vitamin B2: 0.1mg (5.68%), Fiber: 1.16g (4.63%)