



## Whole Grilled Sea Bass with Chimichurri Sauce



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 bunch cilantro leaves chopped
- ☐ 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 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

## Directions

- ☐ 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

PROTEIN 41.97% FAT 54.23% CARBS 3.8%

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: 0.21mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 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 Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)