



Whole Sea Bass with Charred Serrano-Basil Vinaigrette



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 3 tablespoons basil leaves finely chopped
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 1 bunch basil fresh
- ☐ 2 cloves garlic finely chopped

- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons onions diced red
- ☐ 4 pound sea bass whole
- ☐ 2 serrano chiles chopped

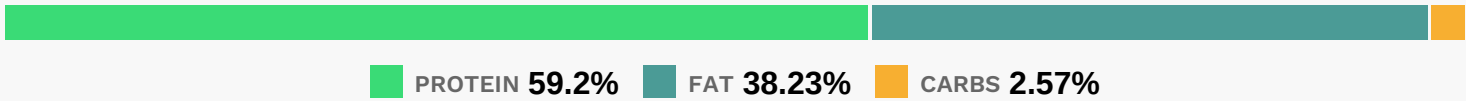
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ spatula

Directions

- ☐ Place chiles, onion, garlic, mustard, vinegar and salt and pepper in a blender and blend until combined. With the motor running, slowly add the oil and blend until emulsified.
- ☐ Pour into a bowl and stir in the chopped basil.
- ☐ Heat grill to medium-high heat.
- ☐ Brush both sides of the fish with the oil and season each with 1 teaspoon of the salt and the pepper, including the cavity. Stuff the cavity of each fish with some of the basil. Grill each fish until slightly charred on 1 side, about 4 to 5 minutes. Using a heavy duty spatula, carefully turn the fish over, close the cover and continue grilling until just cooked through, about 6 to 7 minutes.
- ☐ Remove from the grill and immediately drizzle each fish with 2 tablespoons of vinaigrette.

Nutrition Facts



Properties

Glycemic Index:85.75, Glycemic Load:0.87, Inflammation Score:-8, Nutrition Score:31.024347740671%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 568.46kcal (28.42%), Fat: 23.32g (35.88%), Saturated Fat: 4.06g (25.36%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 2.5g (0.91%), Sugar: 1.17g (1.3%), Cholesterol: 362.87mg (120.96%), Sodium: 2142.05mg (93.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 81.26g (162.51%), Vitamin B12: 17.33µg (288.79%), Selenium: 168.46µg (240.66%), Phosphorus: 916.97mg (91.7%), Vitamin B6: 1.42mg (70.92%), Vitamin B3: 9.68mg (48.41%), Magnesium: 192.15mg (48.04%), Potassium: 1233.79mg (35.25%), Vitamin B5: 3.48mg (34.77%), Vitamin B1: 0.48mg (31.91%), Iron: 4.37mg (24.26%), Vitamin K: 24.97µg (23.78%), Manganese: 0.38mg (19.04%), Zinc: 1.95mg (13.03%), Vitamin A: 634.78IU (12.7%), Vitamin E: 1.88mg (12.53%), Folate: 46.14µg (11.54%), Copper: 0.19mg (9.66%), Calcium: 92.66mg (9.27%), Vitamin B2: 0.15mg (8.97%), Fiber: 1.03g (4.11%), Vitamin C: 3.03mg (3.67%)