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## Asian Sea Bass ♦

Asian Sea Bass is a delicious and flavorful dish that is perfect for seafood lovers. This recipe is inspired by Asian cuisine and features a tender and flaky sea bass fillet marinated in a blend of soy sauce, ginger, garlic, and sesame oil. The fish is then grilled to perfection, creating a crispy and charred exterior with a moist and succulent interior. Serve this dish with steamed rice and stir-fried vegetables for a complete and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	sea bass fillets
<b>4 tbsp</b>	soy sauce
<b>2 tsp</b>	Ginger

4 cloves	garlic
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2 tsp	sesame oil
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## Directions

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### Step 1

In a bowl, combine soy sauce, minced ginger, minced garlic, and sesame oil.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Place the sea bass fillets in a shallow dish and pour the marinade over them. Let the fish marinate for at least 10 minutes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

**Grilling**

Preheat the grill to medium-high heat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

### Grilling

Grill the sea bass fillets for 4-5 minutes per side, or until cooked through and lightly charred.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 5

### Resting

Remove the fish from the grill and let it rest for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

### Serving

Serve the Asian Sea Bass with steamed rice and stir-fried vegetables.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 24 g

**Carbohydrates:** 2 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	24 g	141.18%	141.18%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	1 mg	12.5%	5.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Cuisines

Italian Thai Mediterranean

### Meal Type

Breakfast Lunch Dinner Snack

### Course

Breads Salads Snacks Sauces & Dressings

### Demographics

Pregnancy Safe

### Diet

Mediterranean Diet OMAD (One Meal a Day) Diet Raw Food Diet  
Low Sodium Diet The Fast Metabolism Diet The Cabbage Soup Diet  
The Mayo Clinic Diet The Rice Diet The Werewolf Diet The Shangri-La Diet

### Cooking Method

Boiling

### Difficulty Level

Medium

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