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Sea Bass with Brazil Nuts, Kale, and Pomegranate

This recipe combines the flavors of sea bass, brazil nuts, kale, and pomegranate to create a delicious and nutritious dish. The sea bass is pan-seared to perfection, while the brazil nuts add a crunchy texture. The kale and pomegranate provide a refreshing and vibrant touch to the dish. It's a perfect option for a healthy and flavorful meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Sea bass
50 g	Brazil Nuts
200 g	kale
100 g	pomegranate seeds

1 tsp	salt
1 tsp	black pepper
2 tbsp	olive oil

Directions

Step 1

Season the sea bass with salt and black pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Stove

Add the sea bass to the pan and cook for 5 minutes on each side, or until golden brown and cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Remove the sea bass from the pan and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Stove

In the same pan, add the brazil nuts and cook for 2-3 minutes, or until lightly toasted.

Prep Time: 0 mins

Cook Time: 3 mins

Step 6

Remove the brazil nuts from the pan and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Stove

In the same pan, add the kale and cook for 3-4 minutes, or until wilted.

Prep Time: 0 mins

Cook Time: 4 mins

Step 8

Remove the kale from the pan and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Plate the sea bass, kale, brazil nuts, and pomegranate seeds.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	20 g	71.43%	80%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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