

Pan Seared Chilean Sea Bass

Yield: 4 min
Total Time: 13 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-steamed-chilean-sea-bass-recipe>

Ingredients:

- 12 ounces chilean sea bass
- 2 tablespoons olive oil
- 1/4 cup butter
- 1/2 tablespoon minced garlic
- salt

Nutrition:

1. Calories: 160 calories
2. Cholesterol: 30 milligrams
3. Fat: 18 grams
4. SaturatedFat: 8 grams
5. Sodium: 280 milligrams

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