

# Miso-Glazed Sea Bass

Yield: 6 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-miso-sea-bass-recipe>

## Ingredients:

- 1/2 cup white miso
- 1/4 cup mirin
- 1/4 cup sake
- 3 tablespoons sugar
- 1 teaspoon fresh ginger peeled and finely grated
- 6 sea bass fillets Chilean, or other sea bass, each about 6 oz., &nbsp;and 3/4 to 1 inch thick
- 1 teaspoon grated lemon zest finely

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 13 grams
3. Fat: 1.5 grams
4. Fiber: 1 grams
5. Protein: 3 grams
6. Sodium: 860 milligrams
7. Sugar: 8 grams

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