

Whole Striped Bass with Lemon and Mint

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-striped-bass-recipe-chinese>

Ingredients:

- 1 lemon cut in half
- 2 pounds striped bass cleaned, scored to bone in 4 places on each side
- 5 tablespoons extra-virgin olive oil
- 1/2 cup green onions chopped, about 2
- 3 tablespoons chopped fresh mint packed, plus 4 whole sprigs
- 1 tablespoon fresh lemon juice
- 2 teaspoons dried oregano
- 1 large garlic clove coarsely chopped

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 180 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 41 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 160 milligrams

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