

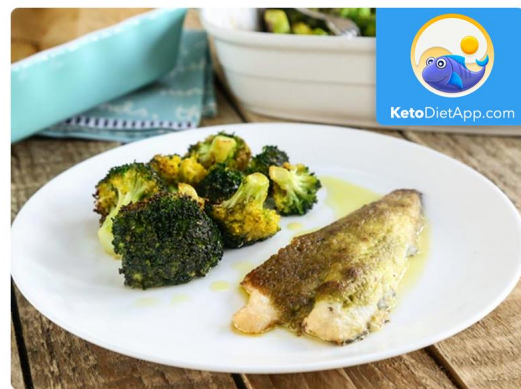
Low-Carb Pesto Baked Sea Bass

Hands-on 5 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 2.3 g, Fiber: 0.7 g, **Net carbs: 1.5 g,**

Protein: 29.3 g, Fat: 32.9 g, Calories: 424 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

- 2 large sea bass fillets (300 g/ 10.6 oz)
- 1 tbsp [ghee](#), butter or [coconut oil](#)
- 1 tbsp fresh lemon juice
- 4 tbsp pesto (60 g/ 2.1 oz) - *you can [make your own pesto](#)*
- salt to taste (I like [pink Himalayan](#))

Instructions

1. Preheat the oven to 200 °C/ 400 °F. Place the sea bass skin side down into a baking dish lined with baking paper. Season with salt and brush the tops with ghee. Add a squeeze of lemon and place in the oven for 10 minutes.
2. Then, remove from the oven and top each of the fillets with 2 tablespoons of pesto (I used my [Basil & Macadamia Pesto](#)). Place back in the oven and bake for another 3-5 more minutes.
3. Remove from the oven and let it cool down for 5 minutes. Serve hot with [Garlic & Lemon Roasted Broccoli!](#)

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