



## Amberjack with Provençal Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 bay leaf
- 8 ounce tomato sauce canned
- 16 ounce canned tomatoes crushed undrained canned
- 24 ounce amberjack fillets
- 3 tablespoons flour all-purpose
- 0.3 cup parsley fresh divided chopped
- 1 teaspoon garlic minced
- 2 tablespoons butter melted

- 1 cup onion chopped
- 0.5 teaspoon pepper divided freshly ground
- 0.8 teaspoon salt divided
- 0.5 teaspoon sugar
- 0.5 teaspoon thyme leaves dried whole
- 2 tablespoons vegetable oil

## Equipment

- frying pan

## Directions

- Saute first 4 ingredients in margarine in a skillet over medium-high heat until tender. Stir in crushed tomatoes and tomato sauce. Cook, uncovered, over low heat 30 minutes or until thickened.
- Remove and discard bay leaf. Stir in 2 tablespoons parsley, 1/4 teaspoon salt, sugar, and 1/4 teaspoon pepper.
- Rinse fillets and pat dry; sprinkle with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Dredge fillets in flour. Cook fillets in hot oil in a large nonstick skillet over medium-high heat 2 to 3 minutes on each side or until fish flakes easily when tested with a fork.
- Transfer to a serving platter. Spoon sauce evenly over fillets; sprinkle with remaining 2 tablespoons parsley. If desired, garnish with fresh thyme and serve with green beans.

## Nutrition Facts



## Properties

Glycemic Index:58.18, Glycemic Load:5.14, Inflammation Score:-7, Nutrition Score:17.406956631204%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin:

0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

## Nutrients (% of daily need)

Calories: 227.8kcal (11.39%), Fat: 9.47g (14.58%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 11.01g (4%), Sugar: 6.17g (6.86%), Cholesterol: 48.76mg (16.25%), Sodium: 677.6mg (29.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.74g (45.49%), Selenium: 39.71µg (56.73%), Vitamin K: 56.34µg (53.66%), Phosphorus: 280.11mg (28.01%), Potassium: 865.87mg (24.74%), Vitamin B6: 0.47mg (23.59%), Vitamin C: 16.24mg (19.69%), Vitamin B3: 3.93mg (19.67%), Vitamin E: 2.77mg (18.43%), Vitamin B12: 1.04µg (17.28%), Magnesium: 62.57mg (15.64%), Vitamin A: 754.27IU (15.09%), Manganese: 0.3mg (14.87%), Vitamin B1: 0.2mg (13.19%), Iron: 2.3mg (12.76%), Copper: 0.24mg (11.89%), Fiber: 2.73g (10.9%), Vitamin B2: 0.17mg (9.93%), Folate: 37.23µg (9.31%), Vitamin D: 1.02µg (6.8%), Calcium: 64.16mg (6.42%), Zinc: 0.91mg (6.07%), Vitamin B5: 0.57mg (5.69%)