



Baked Bluefish



Gluten Free



Popular



Low Fod Map

READY IN



30 min.

SERVINGS



2

CALORIES



141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 fillet bluefish
- ☐ 2 servings kosher salt
- ☐ 2 servings pepper black freshly ground
- ☐ 3 slices optional: lemon fresh very thin
- ☐ 3 pats of butter (a teaspoon each)
- ☐ 1 sprigs several of herbs such as tarragon dried fresh italian (or a teaspoon of herbs such as seasoning or Herbes de Provence)
- ☐ 3 Tbsp cooking wine dry white
- ☐ 2 Tbsp juice of lemon

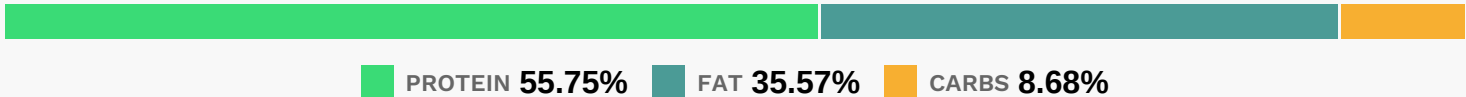
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F.
- ☐ Cut a piece of foil large enough to enclose the bluefish fillet. (You can double layer the foil if you are working with thin foil).
- ☐ Place the foil in a roasting pan. Rinse the bluefish fillet and place it in the center of the foil, skin side down.
- ☐ Add salt, pepper, lemon slices, butter, herbs:
- ☐ Sprinkle the fillet with salt and pepper.
- ☐ Lay a layer of thin lemon slices on top of the fillet. Arrange pats of butter along the top of the fillet.
- ☐ Lay several sprigs of fresh herbs on top of the butter and lemon slices.
- ☐ Add white wine and lemon juice, seal foil packet: Create a boat shape with the foil around the fish so that liquid does not leak out.
- ☐ Pour white wine over the fish, and sprinkle with the lemon juice. Crimp the edges of the foil together so they are relatively sealed.
- ☐ Place in the 350°F oven (or you can put the foil packet on the grill) and bake for 15 to 20 minutes or so, until the fish is cooked through and opaque.
- ☐ Serve: Carefully lift the fillet from the foil and place on a serving dish.
- ☐ Pour the cooking liquid over the fish to serve.

Nutrition Facts



Properties

Glycemic Index:96.25, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:11.596956654735%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 2.97mg, Eriodictyol: 2.97mg, Eriodictyol: 2.97mg, Eriodictyol: 2.97mg Hesperetin: 5.19mg, Hesperetin: 5.19mg, Hesperetin: 5.19mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 141.43kcal (7.07%), Fat: 4.9g (7.53%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.86g (0.96%), Cholesterol: 53.38mg (17.79%), Sodium: 255.98mg (11.13%), Alcohol: 2.32g (100%), Alcohol %: 2.16% (100%), Protein: 17.27g (34.54%), Vitamin B12: 4.58µg (76.4%), Selenium: 31.13µg (44.47%), Vitamin B3: 5.12mg (25.58%), Phosphorus: 200.96mg (20.1%), Vitamin B6: 0.37mg (18.51%), Vitamin C: 11.55mg (14%), Potassium: 366.79mg (10.48%), Vitamin A: 432.29IU (8.65%), Magnesium: 32.89mg (8.22%), Vitamin B5: 0.76mg (7.59%), Zinc: 0.74mg (4.94%), Vitamin B2: 0.08mg (4.54%), Vitamin K: 4.51µg (4.29%), Vitamin B1: 0.06mg (3.92%), Manganese: 0.07mg (3.69%), Iron: 0.59mg (3.26%), Copper: 0.06mg (2.88%), Folate: 6.82µg (1.71%), Fiber: 0.38g (1.52%), Calcium: 14.3mg (1.43%)