



Baked Butterfish Saratoga

 **Gluten Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



6

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1.5 pounds butterfish fillets
- 1 tablespoon chives fresh minced
- 1 bunch parsley fresh
- 1 optional: lemon cut into wedges
- 0.3 cup juice of lemon fresh
- 6 servings salt and pepper to taste

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- In a bowl, cream together the butter, chopped parsley, and chives.
- Arrange the butterfish in the prepared baking dish.
- Sprinkle with lemon juice, and season with salt and pepper. Dot the fish with about 2 tablespoons of the butter mixture.
- Bake 5 minutes in the preheated oven, until the butter is melted. Turn fillets, brush with remaining butter mixture, and continue baking 10 minutes, or until fish is easily flaked with a fork.
- Garnish with parsley sprigs and lemon wedges to serve.

Nutrition Facts

PROTEIN 60.46% **FAT 30.79%** **CARBS 8.75%**

Properties

Glycemic Index:25.42, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:15.67391311604%

Flavonoids

Eriodictyol: 4.34mg, Eriodictyol: 4.34mg, Eriodictyol: 4.34mg, Eriodictyol: 4.34mg Hesperetin: 6.49mg, Hesperetin: 6.49mg, Hesperetin: 6.49mg, Hesperetin: 6.49mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 137.47kcal (6.87%), Fat: 4.7g (7.23%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 2.14g (0.78%), Sugar: 0.8g (0.89%), Cholesterol: 58.79mg (19.6%), Sodium: 290.83mg (12.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.77g (41.54%), Vitamin K: 157.31µg (149.81%), Selenium: 37.68µg (53.83%), Vitamin C: 27.53mg (33.37%), Phosphorus: 240.81mg (24.08%), Vitamin A: 988.59IU (19.77%),

Vitamin B12: 1.04µg (17.33%), Potassium: 558.92mg (15.97%), Vitamin B6: 0.31mg (15.31%), Vitamin B3: 2.5mg (12.48%), Magnesium: 43.4mg (10.85%), Vitamin B1: 0.1mg (6.97%), Vitamin D: 1.02µg (6.8%), Folate: 27.06µg (6.76%), Iron: 1.15mg (6.37%), Vitamin E: 0.95mg (6.32%), Vitamin B2: 0.09mg (5.31%), Zinc: 0.64mg (4.24%), Calcium: 38.24mg (3.82%), Fiber: 0.86g (3.44%), Copper: 0.06mg (2.76%), Vitamin B5: 0.27mg (2.66%), Manganese: 0.04mg (2.06%)