



Baked Grouper with Wild Mushrooms: Grouper al Forno con Funghi Trifolati

 **Gluten Free**  **Dairy Free** Image not found or type unknown

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

365 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 0.5 pound chanterelle
- ☐ 1.5 cups cooking wine dry white
- ☐ 4 cloves garlic thinly sliced
- ☐ 20 ounce grouper fillet
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 bunch parsley italian coarsely chopped
- ☐ 4 servings salt and pepper

- ☐ 1 tablespoon thyme leaves
- ☐ 2 tablespoons tomato paste

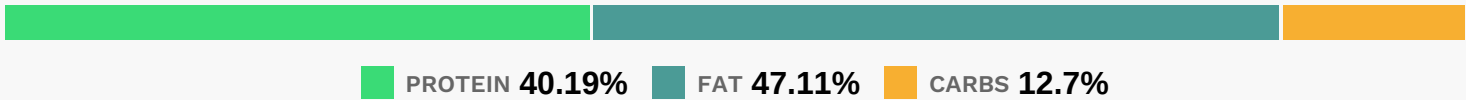
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ In a 12 to 14-inch ovenproof saute pan, heat 4 tablespoons of oil until smoking.
- ☐ Add the mushrooms and garlic and saute 3 minutes.
- ☐ Add the tomato paste and thyme, and continue to cook 5 minutes.
- ☐ Remove the mixture to a bowl and set aside.
- ☐ Season the fish well with salt and pepper.
- ☐ Heat the remaining oil in the same pan and add the fish.
- ☐ Saute until deep golden brown on the first side. Carefully turn the fish, add the wine, and return the mushroom mixture to the pan.
- ☐ Put the pan into the oven and cook for 4 minutes, until fish is cooked through.
- ☐ Remove from oven, sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:23.826086562613%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 30.76mg, Apigenin: 30.76mg, Apigenin: 30.76mg, Apigenin: 30.76mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 364.61kcal (18.23%), Fat: 15.87g (24.42%), Saturated Fat: 2.34g (14.59%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 7.22g (2.62%), Sugar: 2.62g (2.91%), Cholesterol: 52.45mg (17.48%), Sodium: 355.75mg (15.47%), Alcohol: 9.27g (100%), Alcohol %: 3.56% (100%), Protein: 30.47g (60.93%), Vitamin K: 243.45µg (231.86%), Selenium: 54.17µg (77.38%), Phosphorus: 335.22mg (33.52%), Potassium: 1169.61mg (33.42%), Vitamin A: 1635.75IU (32.71%), Vitamin B6: 0.61mg (30.3%), Vitamin C: 24.44mg (29.63%), Iron: 3.82mg (21.21%), Vitamin B5: 1.93mg (19.31%), Magnesium: 77.19mg (19.3%), Vitamin B3: 3.84mg (19.18%), Vitamin E: 2.47mg (16.46%), Manganese: 0.32mg (15.85%), Vitamin B2: 0.26mg (15.07%), Folate: 58.7µg (14.68%), Vitamin B12: 0.85µg (14.17%), Vitamin B1: 0.2mg (13.23%), Copper: 0.24mg (11.98%), Zinc: 1.49mg (9.97%), Fiber: 2.41g (9.64%), Calcium: 83.4mg (8.34%), Vitamin D: 0.4µg (2.65%)