



Baked Herbed Fish Fillets

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon capers drained and rinsed
- ☐ 4 fillet fish fillet white
- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons juice of lemon (from 1 large lemon)
- ☐ 6 servings salt and pepper
- ☐ 3.5 tablespoons butter unsalted

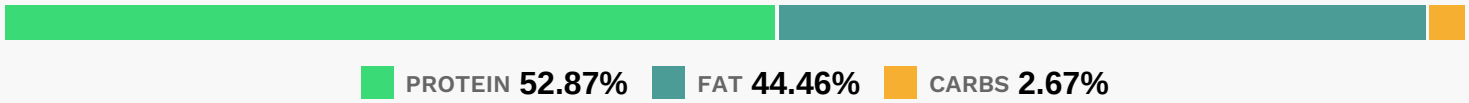
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Preheat oven to 375F. Butter bottom of a 9-by-13-inch baking dish. Arrange fish in dish, sprinkle with salt and pepper and dot with 1/2 Tbsp. butter.
- ☐ Bake until fish becomes opaque and tender when pierced with tip of a paring knife, about 10 minutes.
- ☐ While fish is baking, melt remaining 3 Tbsp. butter in a small saucepan over medium heat.
- ☐ Add garlic and cook, stirring, until fragrant, about 1 minute. Stir in lemon juice, capers and tarragon, then drizzle sauce over fish and serve.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:11.239130377769%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 172.95kcal (8.65%), Fat: 8.66g (13.32%), Saturated Fat: 4.89g (30.53%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.14g (0.16%), Cholesterol: 74.22mg (24.74%), Sodium: 291.4mg (12.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.17g (46.35%), Selenium: 47.6µg (68%), Vitamin B12: 1.8µg (30.08%), Vitamin D: 3.64µg (24.24%), Vitamin B3: 4.55mg (22.74%), Phosphorus: 199.58mg (19.96%), Potassium: 387.19mg (11.06%), Vitamin B6: 0.22mg (11.04%), Magnesium: 35.68mg (8.92%), Folate: 31.96µg (7.99%), Manganese: 0.15mg (7.29%), Iron: 1.05mg (5.83%), Vitamin B5: 0.57mg (5.71%), Vitamin B2: 0.09mg (5.47%), Vitamin A: 255.27IU (5.11%), Copper: 0.1mg (5.08%), Vitamin E: 0.66mg (4.42%), Vitamin B1: 0.05mg (3.48%),

Vitamin C: 2.73mg (3.31%), Zinc: 0.44mg (2.93%), Calcium: 28.44mg (2.84%), Vitamin K: 2.49µg (2.38%)