

 52%
HEALTH SCORE

Blackened Amberjack



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



110 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 pound amberjack fillet
- ☐ 2 teaspoons garlic powder
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 teaspoons onion powder
- ☐ 1 teaspoon oregano dried
- ☐ 1 tablespoon paprika

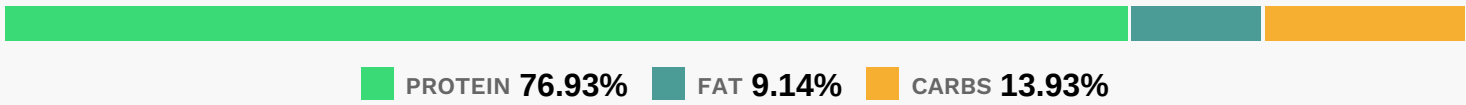
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut fillet into 4 equal pieces.
- ☐ Combine paprika and next 6 ingredients in a small bowl; stir well. Dredge fish in spice mixture; let stand 5 minutes.
- ☐ Coat a large cast-iron skillet with cooking spray; place over high heat until very hot.
- ☐ Add fish, and cook 3 minutes. Turn fish, and cook 3 to 4 additional minutes or until fish flakes easily when tested with a fork. Fish should look charred. (You may prefer to do this procedure outside due to the small amount of smoke that is created.)

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:11.213043575702%

Nutrients (% of daily need)

Calories: 110.36kcal (5.52%), Fat: 1.11g (1.7%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.34g (0.37%), Cholesterol: 48.76mg (16.25%), Sodium: 64.49mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.95g (41.89%), Selenium: 38.23µg (54.61%), Phosphorus: 247.89mg (24.79%), Vitamin A: 1032.07IU (20.64%), Vitamin B6: 0.36mg (18.07%), Vitamin B12: 1.03µg (17.2%), Potassium: 555.99mg (15.89%), Vitamin B3: 2.59mg (12.97%), Magnesium: 44.82mg (11.21%), Vitamin E: 1.44mg (9.58%), Vitamin K: 9.98µg (9.5%), Manganese: 0.19mg (9.3%), Iron: 1.49mg (8.25%), Vitamin B1: 0.11mg (7.11%), Vitamin D: 1.02µg (6.8%), Vitamin B2: 0.1mg (6.18%), Fiber: 1.4g (5.59%), Zinc: 0.71mg (4.75%), Calcium: 42.47mg (4.25%), Copper: 0.07mg (3.55%), Folate: 12.36µg (3.09%), Vitamin B5: 0.25mg (2.47%), Vitamin C: 1.73mg (2.1%)