



Broiled Shad with Thyme



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 pounds shad fillets
- ☐ 0.1 teaspoon fresh-ground pepper black
- ☐ 4 lemon wedges for serving
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt

Equipment

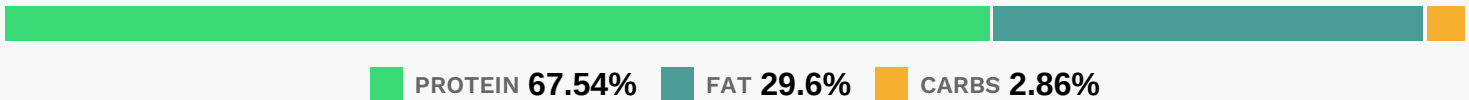
- ☐ frying pan

- ☐ baking sheet
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Heat the broiler. Lightly oil a broiler pan or baking sheet.
- ☐ Put the fish in the pan and rub the surface with the oil.
- ☐ Sprinkle with the chopped or dried thyme, the salt, and pepper. Dot with the butter.
- ☐ Broil the fish until golden brown and just done, about 4 minutes for 3/4-inch-thick fillets. Decorate with the thyme sprigs, if using.
- ☐ Serve with the lemon wedges.
- ☐ Fish Alternatives: There's nothing quite like shad. Still, this is a good basic broiled fish recipe to use with other fish fillets, such as red snapper, sea bass, striped bass, pompano, and bluefish.
- ☐ Variation: Broiled Shad with Oregano: Use 3/4 teaspoon fresh or 1/4 teaspoon dried oregano in place of the thyme.
- ☐ Wine Recommendation: The richness of this simple preparation is delightful accompanied by an acidic chardonnay. Look for a reasonably priced Mcon-Villages or Chablis, both from Burgundy in France.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:16.561739040458%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 247.38kcal (12.37%), Fat: 7.91g (12.18%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.45g (0.5%), Cholesterol: 105.05mg (35.02%), Sodium: 436.1mg (18.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.63g (81.25%), Selenium: 75.18µg (107.4%), Phosphorus: 464.21mg (46.42%), Vitamin B12: 2.07µg (34.5%), Vitamin B6: 0.57mg (28.52%), Potassium: 963.27mg (27.52%), Vitamin B3: 4.7mg (23.49%), Magnesium: 74.2mg (18.55%), Vitamin C: 11.81mg (14.31%), Vitamin E: 2.06mg (13.76%), Vitamin D: 2.04µg (13.61%), Vitamin B1: 0.18mg (11.99%), Vitamin B2: 0.15mg (8.96%), Zinc: 1.04mg (6.91%), Iron: 1mg (5.55%), Folate: 17.97µg (4.49%), Calcium: 42.3mg (4.23%), Vitamin B5: 0.39mg (3.86%), Vitamin A: 182.49IU (3.65%), Copper: 0.07mg (3.56%), Vitamin K: 2.68µg (2.55%), Manganese: 0.05mg (2.41%), Fiber: 0.52g (2.08%)