



Butter Poached Sturgeon

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



1228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 pounds butter melted
- ☐ 2 tablespoons capers rinsed drained
- ☐ 2 pounds sturgeon fillets
- ☐ 4 ounces fish stock
- ☐ 1 tablespoon kosher salt
- ☐ 1 onion red minced
- ☐ 2 shallots sliced

- ☐ 1 vanilla pod split
- ☐ 1 bunch watercress

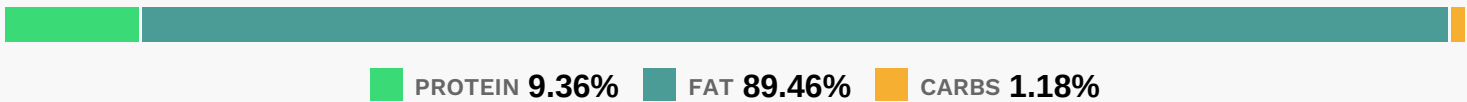
Equipment

- ☐ whisk

Directions

- ☐ Whisk together shallots, vanilla bean, bay leaf, salt and stock and bring to simmer. Slowly whisk in butter and warm to 145 degrees F.
- ☐ Place sturgeon in butter and make sure butter remains at 145 degrees F. Poach for 12 minutes.
- ☐ Remove from liquid and garnish with watercress, onions, and capers.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:0.77, Inflammation Score:-9, Nutrition Score:18.228260983591%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol: 4.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg

Nutrients (% of daily need)

Calories: 1227.51kcal (61.38%), Fat: 123.93g (190.66%), Saturated Fat: 77.96g (487.22%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 2.99g (1.09%), Sugar: 1.56g (1.73%), Cholesterol: 390.09mg (130.03%), Sodium: 2353.97mg (102.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.16g (58.32%), Vitamin A: 3978.03IU (79.56%), Selenium: 51.96µg (74.22%), Phosphorus: 361.99mg (36.2%), Vitamin E: 4.58mg (30.51%), Vitamin B12: 1.65µg (27.53%), Vitamin B6: 0.43mg (21.69%), Potassium: 746.73mg (21.34%), Vitamin K: 21.99µg (20.94%), Vitamin B3: 3.51mg (17.53%), Magnesium: 56.98mg (14.25%), Vitamin B2: 0.17mg (10.04%), Vitamin B1: 0.14mg (9.34%), Vitamin D: 1.36µg (9.07%), Calcium: 80.37mg (8.04%), Vitamin C: 5.45mg (6.61%), Zinc: 0.92mg (6.11%), Folate: 23.21µg (5.8%), Iron: 0.85mg (4.74%), Vitamin B5: 0.46mg (4.58%), Manganese: 0.09mg (4.36%), Copper: 0.08mg (4.03%), Fiber: 0.69g (2.76%)