



Easy Tarragon Fillets

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon tarragon dried
- ☐ 2 pounds grouper fillets
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup sweet-and-spicy sauce and marinade

Equipment

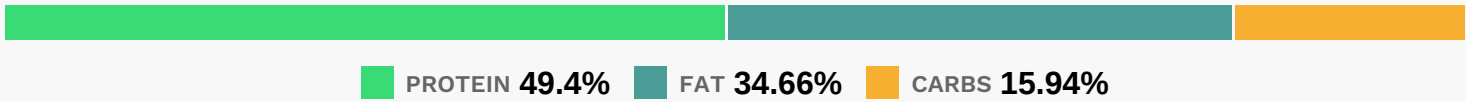
- ☐ sauce pan
- ☐ oven

☐ broiler pan

Directions

- ☐ Cook first 3 ingredients in a small saucepan over medium heat 5 minutes or until butter is melted.
- ☐ Place fish fillets on a lightly greased rack in a broiler pan.
- ☐ Drizzle evenly with lemon juice, and brush with tarragon sauce mixture.
- ☐ Broil 6 inches from heat (with electric oven door partially open) 10 minutes on each side or until fish flakes with a fork, basting occasionally with remaining tarragon sauce mixture.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:14.695652201124%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 371.05kcal (18.55%), Fat: 13.77g (21.19%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 14.21g (5.17%), Sugar: 10.82g (12.03%), Cholesterol: 83.91mg (27.97%), Sodium: 515.22mg (22.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.16g (88.33%), Selenium: 82.8µg (118.28%), Phosphorus: 372.06mg (37.21%), Vitamin B6: 0.69mg (34.56%), Potassium: 1116.66mg (31.9%), Vitamin B12: 1.38µg (22.92%), Magnesium: 72.05mg (18.01%), Vitamin B5: 1.72mg (17.23%), Vitamin A: 842.76IU (16.86%), Iron: 2.11mg (11.7%), Vitamin B1: 0.16mg (10.84%), Zinc: 1.1mg (7.35%), Calcium: 68.79mg (6.88%), Folate: 22.74µg (5.68%), Vitamin B3: 0.74mg (3.71%), Vitamin C: 3.06mg (3.7%), Vitamin E: 0.45mg (3.01%), Manganese: 0.05mg (2.63%), Copper: 0.05mg (2.41%), Vitamin B2: 0.02mg (1.24%)