

Fish Piccata

READY IN



20 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons capers
- ☐ 4 small fish fillets white (such as tilapia or sole)
- ☐ 0.3 cup flour
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 juice of lemon juiced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup white wine

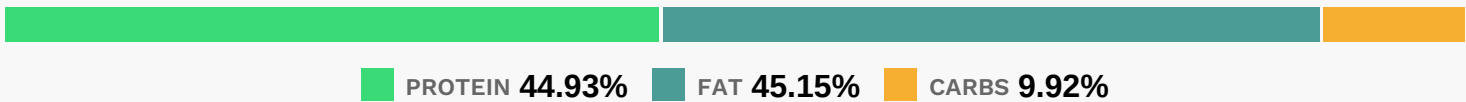
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the olive oil in a large saute pan over medium-high heat. While the pan is heating, blot the fish dry with paper towels and season with salt and pepper. Dredge in the flour, shaking off any excess.
- ☐ Saute the fish in the oil until just cooked through, about 4 minutes, flipping halfway through.
- ☐ Remove the fish to a platter. Deglaze the pan with the white wine, whisking for about 1 minute.
- ☐ Add the lemon juice and capers and stir.
- ☐ Add the butter and stir or whisk to incorporate to bring the sauce together.
- ☐ Pour onto the fish and garnish with the chopped parsley.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:4.41, Inflammation Score:-6, Nutrition Score:19.010869653329%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

Nutrients (% of daily need)

Calories: 321.2kcal (16.06%), Fat: 15.73g (24.2%), Saturated Fat: 5.59g (34.94%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 7.3g (2.66%), Sugar: 0.58g (0.65%), Cholesterol: 100.05mg (33.35%), Sodium: 246.51mg (10.72%), Alcohol: 1.54g (100%), Alcohol %: 0.86% (100%), Protein: 35.23g (70.46%), Selenium: 73.86µg (105.52%), Vitamin B12: 2.7µg (44.97%), Vitamin K: 41.12µg (39.16%), Vitamin B3: 7.18mg (35.91%), Vitamin D: 5.27µg (35.13%), Phosphorus: 304.74mg (30.47%), Potassium: 563.62mg (16.1%), Folate: 62.43µg (15.61%), Vitamin B6: 0.3mg (14.82%), Magnesium: 52.65mg (13.16%), Vitamin E: 1.93mg (12.86%), Vitamin C: 8.64mg (10.47%), Vitamin B2: 0.16mg (9.43%), Vitamin B1: 0.14mg (9.22%), Vitamin B5: 0.91mg (9.07%), Iron: 1.61mg (8.93%), Copper: 0.16mg (8.05%), Manganese: 0.15mg (7.73%), Vitamin A: 350.38IU (7.01%), Zinc: 0.68mg (4.55%), Calcium: 26.97mg (2.7%), Fiber: 0.48g (1.9%)