



Fresh Yellowtail Fillet with Lime and Ginger

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds yellowtail fillet skinless cut in 4 equal pieces
- ☐ 2 tablespoons julienne cut ginger
- ☐ 2 tablespoons green onions diced
- ☐ 4 ounces heavy cream
- ☐ 2 tablespoons lemon zest any combination, lime, lemon, orange, grapefruit and yuzu
- ☐ 1 ounces juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon parsley leaves chopped

- ☐ 3 ounces red wine
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 tablespoons tomatoes diced
- ☐ 2 ounces butter unsalted

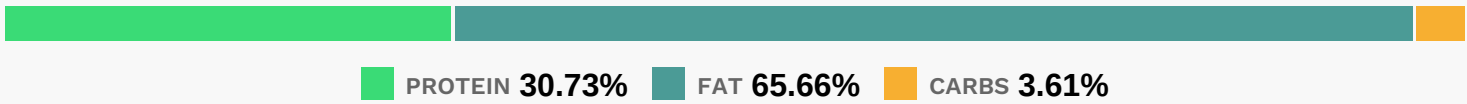
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 400 degrees F. Season the yellowtail with salt and pepper, to taste. Preheat a nonstick, ovenproof skillet, coated with the olive oil.
- ☐ Add the yellowtail, flesh side down, and cook until brown, about 2 or 3 minutes. Turn the fish over and put the skillet into the oven for 5 minutes.
- ☐ Remove the skillet from the oven and transfer the fish to a warm platter.
- ☐ Pour any excess oil from the pan.
- ☐ Add the green onions, tomato, citrus zest and ginger and saute, over low heat, for 1 to 2 minutes.
- ☐ Add the wine and deglaze the skillet. Reduce the liquid by half, and then add the heavy cream. Reduce until lightly thickened.
- ☐ Whisk in the butter, lime juice and parsley. Season, to taste, with salt and pepper. Spoon the sauce over the fish and serve.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:16.579999830412%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.42mg, Petunidin: 0.42mg, Petunidin: 0.42mg, Petunidin: 0.42mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Malvidin: 2.94mg, Malvidin: 2.94mg, Malvidin: 2.94mg, Malvidin: 2.94mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 426.34kcal (21.32%), Fat: 29.94g (46.07%), Saturated Fat: 15.01g (93.78%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 3.06g (1.11%), Sugar: 1.55g (1.72%), Cholesterol: 135.65mg (45.22%), Sodium: 104.26mg (4.53%), Alcohol: 2.25g (100%), Alcohol %: 1.07% (100%), Protein: 31.53g (63.07%), Selenium: 57.41µg (82.02%), Phosphorus: 376.2mg (37.62%), Vitamin K: 29.77µg (28.35%), Vitamin B12: 1.62µg (26.96%), Potassium: 820.2mg (23.43%), Vitamin B6: 0.46mg (23.08%), Vitamin A: 1020.76IU (20.42%), Vitamin E: 2.78mg (18.56%), Vitamin B3: 3.7mg (18.52%), Magnesium: 63.86mg (15.96%), Vitamin D: 2.2µg (14.65%), Vitamin C: 10.95mg (13.27%), Vitamin B2: 0.18mg (10.88%), Vitamin B1: 0.15mg (9.77%), Zinc: 0.94mg (6.25%), Calcium: 61.39mg (6.14%), Iron: 1mg (5.57%), Folate: 19.73µg (4.93%), Manganese: 0.09mg (4.57%), Vitamin B5: 0.39mg (3.94%), Copper: 0.08mg (3.88%), Fiber: 0.64g (2.57%)