



Grilled Amberjack with Country-Style Dijon Cream Sauce



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



158 kcal

Ingredients

- ☐ 4 servings dijon cream sauce country-style
- ☐ 24 ounce amberjack fillets (3/)
- ☐ 1.5 teaspoons tarragon fresh chopped
- ☐ 1 optional: lemon
- ☐ 2 teaspoons steak grilling blend salt-free (such as Mrs. Dash)

Equipment

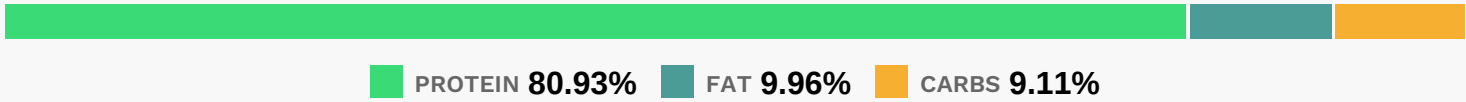
- ☐ bowl
- ☐ frying pan

☐ grill pan

Directions

- ☐ Combine steak seasoning and tarragon in a small bowl; set aside.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray. Coat fillets with cooking spray, and rub with seasoning mixture.
- ☐ Add fish to pan. Cook 3 to 4 minutes on each side or until fillets flake easily when tested with a fork.
- ☐ While fish cooks, grate 1 teaspoon rind from lemon; squeeze juice to measure 1 tablespoon. Reserve lemon rind for Country-Style Dijon Cream Sauce.
- ☐ Place 1 fillet on each of 4 serving plates.
- ☐ Drizzle fillets evenly with lemon juice, and top with a dollop of cream sauce.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:13.741304230431%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 158.15kcal (7.91%), Fat: 1.71g (2.63%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 2.68g (0.98%), Sugar: 1.02g (1.14%), Cholesterol: 74.66mg (24.89%), Sodium: 97.6mg (4.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.3g (62.61%), Selenium: 57.07µg (81.52%), Phosphorus: 356.48mg (35.65%), Vitamin B12: 1.59µg (26.49%), Vitamin B6: 0.47mg (23.32%), Potassium: 771.86mg (22.05%), Vitamin C: 16.39mg (19.86%), Vitamin B3: 3.73mg (18.63%), Magnesium: 60.19mg (15.05%), Vitamin D: 1.53µg (10.22%), Vitamin B1: 0.14mg (9.63%), Vitamin B2: 0.13mg (7.81%), Vitamin E: 1.16mg (7.7%), Zinc: 0.95mg (6.3%), Iron: 1.11mg (6.14%), Manganese: 0.1mg (4.85%), Calcium: 43.44mg (4.34%), Folate: 17.05µg (4.26%), Copper: 0.07mg (3.4%), Fiber: 0.84g (3.36%), Vitamin B5: 0.31mg (3.13%), Vitamin A: 105.87IU (2.12%)