



Grouper with Lemon-Basil Cream Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 fillet grouper fillets white firm (or other fish)
- 1 teaspoon sea salt
- 1 teaspoon cracked wheat black
- 0.3 cup olive oil with olive oil & sea salt lakes®
- 2 cloves garlic grated
- 0.5 teaspoon cracked wheat black
- 0.5 cup wine dry white
- 3 tablespoons juice of lemon freshly squeezed
- 0.3 cup cup heavy whipping cream

3 tablespoons basil fresh chopped

Equipment

frying pan

baking sheet

oven

Directions

Set oven control to broil. Spray cookie sheet with cooking spray.

Place fish fillets on cookie sheet.

Sprinkle both sides of fillets evenly with salt and 1 teaspoon of the pepper.

Broil about 10 to 15 minutes until fish flakes easily with fork.

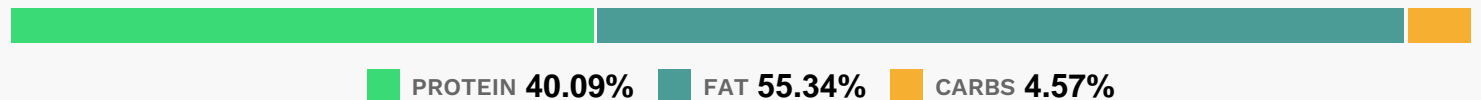
Meanwhile, in large skillet, melt butter over low heat.

Add garlic and remaining 1/2 teaspoon pepper. Cook and stir until garlic is fragrant.

Add wine; heat to boiling over medium-low heat. Boil until sauce is reduced by half. Stir in lemon juice, whipping cream and basil. Simmer until thickened.

To serve, place broiled grouper on individual plates. Top with cream sauce.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:13.760434746742%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 362.44kcal (18.12%), Fat: 20.74g (31.91%), Saturated Fat: 5.69g (35.54%), Carbohydrates: 3.86g (1.28%), Net Carbohydrates: 3.53g (1.29%), Sugar: 1.03g (1.14%), Cholesterol: 79.71mg (26.57%), Sodium: 677.68mg (29.46%), Alcohol: 3.09g (100%), Alcohol %: 1.59% (100%), Protein: 33.8g (67.61%), Selenium: 62.76µg (89.65%), Phosphorus: 299.84mg (29.98%), Vitamin B6: 0.56mg (27.82%), Potassium: 886.3mg (25.32%), Vitamin B12: 1.04µg (17.4%), Magnesium: 58.77mg (14.69%), Vitamin K: 14.97µg (14.26%), Vitamin E: 2.11mg (14.07%), Vitamin B5: 1.35mg (13.53%), Vitamin A: 541.7IU (10.83%), Iron: 1.84mg (10.21%), Vitamin B1: 0.13mg (8.65%), Calcium: 64.96mg (6.5%), Vitamin C: 5.18mg (6.28%), Zinc: 0.92mg (6.16%), Manganese: 0.1mg (5.21%), Folate: 19.51µg (4.88%), Vitamin B3: 0.61mg (3.04%), Vitamin B2: 0.05mg (2.67%), Copper: 0.05mg (2.47%), Vitamin D: 0.24µg (1.59%), Fiber: 0.32g (1.28%)