



Grouper with Lemon-Basil Cream Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 1 teaspoon pepper black
- ☐ 1 teaspoon sea salt

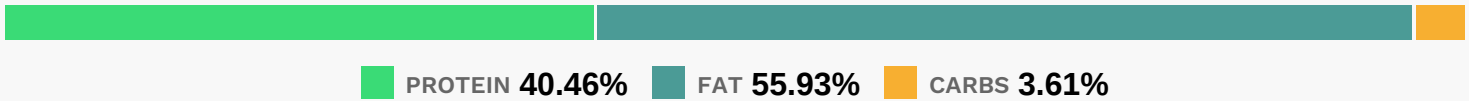
Equipment

- ☐ 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 whipping cream and basil. Simmer until thickened.
- ☐ To serve, place broiled grouper on individual plates. Top with cream sauce.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:14.073043273843%

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

Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 357.85kcal (17.89%), Fat: 20.67g (31.8%), Saturated Fat: 5.7g (35.61%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.72g (0.99%), Sugar: 1.03g (1.14%), Cholesterol: 79.71mg (26.57%), Sodium: 677.83mg (29.47%), Alcohol: 3.09g (100%), Alcohol %: 1.6% (100%), Protein: 33.65g (67.3%), Selenium: 62.79µg (89.7%), Phosphorus: 294.65mg (29.46%), Vitamin B6: 0.56mg (27.92%), Potassium: 888.78mg (25.39%), Vitamin B12: 1.04µg (17.4%), Vitamin K: 16.2µg (15.43%), Magnesium: 60.05mg (15.01%), Vitamin E: 2.12mg (14.12%), Vitamin B5: 1.36mg (13.64%), Vitamin A: 545.8IU (10.92%), Iron: 1.84mg (10.25%), Manganese: 0.2mg (9.99%), Vitamin B1: 0.13mg (8.7%), Calcium: 68.28mg (6.83%), Vitamin C: 5.18mg (6.28%), Zinc: 0.93mg (6.22%), Folate: 19.64µg (4.91%), Vitamin B3: 0.62mg (3.08%), Copper: 0.06mg (2.97%), Vitamin B2: 0.05mg (2.75%), Vitamin D: 0.24µg (1.59%), Fiber: 0.28g (1.12%)