



Grouper with Lemon White Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 tablespoons butter chilled
- ☐ 3 tablespoons ghee
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon ground pepper black
- ☐ 24 ounce grouper fillets
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon pepper
- ☐ 1.5 cups milk hot
- ☐ 1 tablespoon sea salt

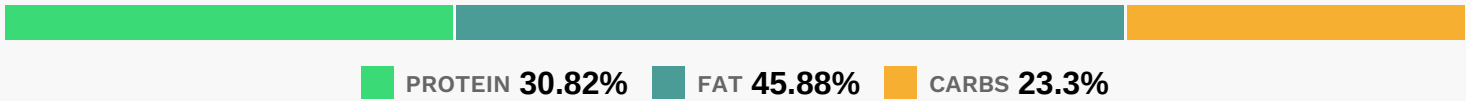
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Mix flour, salt, pepper, and lemon pepper in bowl until well blended. Reserve 4 1/2 tablespoons of seasoned flour in a small bowl, and set aside. Rinse grouper fillets, and pat dry. Dredge grouper in the seasoned flour.
- ☐ Melt the clarified butter in a skillet over medium-high heat.
- ☐ Place the grouper in the skillet and cook until lightly browned and the fish is easily flaked with a fork, 2 to 4 minutes on each side.
- ☐ Remove from skillet, and set aside.
- ☐ Drain any remaining clarified butter in the skillet, and wipe clean.
- ☐ Add the chilled butter and lemon juice to the skillet. Cook and stir until the butter is melted. Gradually whisk in the reserved seasoned flour; cook and stir for 5 minutes. Stir in the hot milk, whisking constantly until the sauce has thickened, about 5 minutes more.
- ☐ Serve sauce over the grouper.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:19.13, Inflammation Score:-7, Nutrition Score:19.611304303874%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 518.19kcal (25.91%), Fat: 26.18g (40.27%), Saturated Fat: 15.44g (96.49%), Carbohydrates: 29.92g (9.97%), Net Carbohydrates: 28.55g (10.38%), Sugar: 4.69g (5.22%), Cholesterol: 129.05mg (43.02%), Sodium: 1949.12mg (84.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.56g (79.13%), Selenium: 74.65µg (106.64%), Phosphorus: 408.42mg (40.84%), Vitamin B6: 0.59mg (29.47%), Potassium: 1029.86mg (29.42%), Vitamin B1: 0.42mg (28.01%), Vitamin B12: 1.54µg (25.59%), Manganese: 0.5mg (25.05%), Magnesium: 74.75mg (18.69%), Folate: 74.7µg (18.68%), Vitamin B5: 1.81mg (18.05%), Iron: 3.18mg (17.67%), Calcium: 176.49mg (17.65%), Vitamin B2: 0.3mg (17.53%), Vitamin A: 708.99IU (14.18%), Vitamin B3: 2.51mg (12.54%), Zinc: 1.45mg (9.69%), Vitamin D: 1.01µg (6.71%), Fiber: 1.37g (5.49%), Copper: 0.11mg (5.45%), Vitamin K: 4.5µg (4.29%), Vitamin C: 2.9mg (3.52%), Vitamin E: 0.38mg (2.54%)