



Hake with Wild Mushrooms

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounces filets thick ()
- ☐ 0.3 cup flat parsley chopped
- ☐ 1 pound mushrooms wild mixed fresh trimmed cut into 1/2-inch pieces
- ☐ 1 garlic clove finely chopped
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest divided grated
- ☐ 0.3 cup chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

☐ 0.5 stick butter unsalted divided

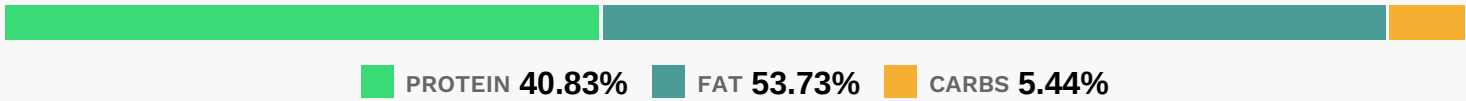
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Stir together oil, 1/2 teaspoon zest, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a bowl, then toss with fish.
- ☐ Broil fish on rack of a broiler pan 3 to 4 inches from heat until just cooked through, 8 to 12 minutes.
- ☐ While fish broils, heat 2 tablespoons butter in a large heavy skillet over medium-high heat until foam subsides, then sauté garlic 30 seconds.
- ☐ Add mushrooms, 1/2 teaspoon salt, and 1/4 teaspoon pepper and sauté until liquid mushrooms give off has evaporated, 4 to 5 minutes.
- ☐ Add broth, scraping up any brown bits, then add parsley, remaining 1/2 teaspoon zest, and remaining 2 tablespoons butter, swirling skillet until butter is incorporated.
- ☐ Remove from heat and stir in lemon juice and salt and pepper to taste. Spoon mushrooms over hake.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:23.363912831182%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 333.06kcal (16.65%), Fat: 20.11g (30.94%), Saturated Fat: 8.53g (53.34%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 3.25g (1.18%), Sugar: 2.38g (2.64%), Cholesterol: 103.51mg (34.5%), Sodium: 105.92mg (4.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.39g (68.77%), Selenium: 67.11µg (95.86%), Vitamin K: 66.89µg (63.7%), Phosphorus: 454.17mg (45.42%), Vitamin B3: 7.87mg (39.34%), Vitamin B2: 0.58mg (34.17%), Potassium: 1105.77mg (31.59%), Vitamin B6: 0.55mg (27.55%), Vitamin B12: 1.63µg (27.2%), Copper: 0.43mg (21.33%), Vitamin B5: 2mg (19.97%), Magnesium: 67.32mg (16.83%), Vitamin E: 2.47mg (16.46%), Vitamin B1: 0.23mg (15.15%), Vitamin A: 737.35IU (14.75%), Vitamin D: 1.97µg (13.13%), Vitamin C: 10.67mg (12.94%), Zinc: 1.43mg (9.56%), Folate: 37.77µg (9.44%), Iron: 1.54mg (8.54%), Fiber: 1.33g (5.33%), Manganese: 0.1mg (4.91%), Calcium: 41.98mg (4.2%)