



Lemon Grouper with Tomato-Dill Sauce

READY IN



23 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 3 tablespoons green onions thinly sliced (2)
- ☐ 24 ounce grouper fillets
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 tablespoons butter light cut into small pieces
- ☐ 1 tablespoon olive oil

- ☐ 1 plum tomatoes diced seeded
- ☐ 0.3 teaspoon salt

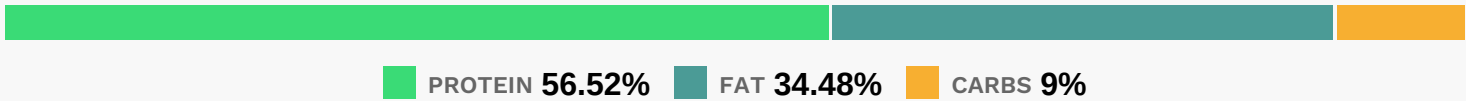
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Rinse fillets in cold water; pat dry with paper towels.
- ☐ Sprinkle flour evenly over fish; shake off any excess.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium–high heat; add oil.
- ☐ Add fish; cook 4 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove fish; set aside and keep warm.
- ☐ Add wine to pan, scraping pan to loosen browned bits.
- ☐ Add onions and dill; cook 3 minutes, stirring frequently, or until liquid is reduced to about 1/3 cup.
- ☐ Add tomato, lemon rind, and lemon juice; cook 1 minute or until slightly thick.
- ☐ Remove pan from heat; add butter and salt, stirring until butter melts. Spoon sauce over fish.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:2.47, Inflammation Score:-7, Nutrition Score:13.782174036555%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 278.52kcal (13.93%), Fat: 9.18g (14.13%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 4.87g (1.77%), Sugar: 1.09g (1.21%), Cholesterol: 70.36mg (23.45%), Sodium: 242.12mg (10.53%), Alcohol: 4.64g (100%), Alcohol %: 2.31% (100%), Protein: 33.87g (67.74%), Selenium: 63.51µg (90.73%), Phosphorus: 296.02mg (29.6%), Vitamin B6: 0.55mg (27.71%), Potassium: 918.66mg (26.25%), Vitamin B12: 1.03µg (17.16%), Magnesium: 61.5mg (15.37%), Vitamin B5: 1.34mg (13.38%), Vitamin K: 13.17µg (12.55%), Iron: 2.04mg (11.33%), Vitamin A: 552.24IU (11.04%), Vitamin B1: 0.16mg (10.75%), Folate: 29.08µg (7.27%), Vitamin C: 5.88mg (7.13%), Manganese: 0.13mg (6.51%), Zinc: 0.97mg (6.44%), Calcium: 60.79mg (6.08%), Vitamin E: 0.73mg (4.89%), Vitamin B3: 0.93mg (4.65%), Copper: 0.06mg (2.8%), Vitamin B2: 0.05mg (2.78%), Fiber: 0.53g (2.1%)