



Lemon Piccata Whitefish

READY IN



40 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 tablespoons capers drained
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon pepper to taste
- ☐ 1.5 teaspoons lemon zest

- ☐ 4 servings salt to taste
- ☐ 1 pound trout

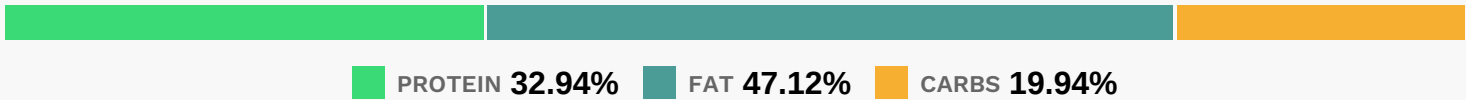
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 200 degrees F (95 degrees C).
- ☐ Place a serving platter into oven to warm.
- ☐ Mix flour, lemon pepper, and salt in a shallow bowl and firmly press trout fillets into the seasoned flour to coat both sides; shake off excess.
- ☐ Heat vegetable oil in a skillet over medium heat and pan-fry the fish in the hot oil until golden brown, about 2 minutes per side. Keep fillets warm on heated platter in oven.
- ☐ Pour off all but a thin film of oil in the skillet over medium heat; cook and stir garlic until fragrant, about 20 seconds.
- ☐ Pour white wine into skillet and dissolve brown bits of food in the wine. Stir lemon zest into wine and bring to a boil; cook until sauce reduces to about 2/3 cup, stirring often.
- ☐ Mix in lemon juice and capers and cook until sauce thickens slightly, about 5 more minutes.
- ☐ Whisk butter into sauce.
- ☐ Lay trout fillets in the sauce and turn to coat; serve on the warmed platter and garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:9, Inflammation Score:-6, Nutrition Score:22.006521598152%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 356.55kcal (17.83%), Fat: 16.27g (25.02%), Saturated Fat: 6.75g (42.18%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 14.64g (5.32%), Sugar: 1.08g (1.2%), Cholesterol: 88.35mg (29.45%), Sodium: 435.33mg (18.93%), Alcohol: 6.18g (100%), Alcohol %: 3.52% (100%), Protein: 25.59g (51.17%), Vitamin B12: 8.85µg (147.53%), Manganese: 1.23mg (61.26%), Vitamin B1: 0.53mg (35.39%), Phosphorus: 312.25mg (31.22%), Vitamin B3: 6.16mg (30.81%), Vitamin D: 4.42µg (29.48%), Selenium: 19.95µg (28.5%), Vitamin B2: 0.48mg (27.95%), Vitamin B5: 2.35mg (23.46%), Vitamin K: 19.35µg (18.43%), Iron: 2.8mg (15.56%), Potassium: 504.95mg (14.43%), Vitamin B6: 0.28mg (14.24%), Copper: 0.27mg (13.34%), Folate: 49.95µg (12.49%), Vitamin C: 9.17mg (11.12%), Magnesium: 38.49mg (9.62%), Vitamin A: 420.88IU (8.42%), Calcium: 67.62mg (6.76%), Zinc: 0.99mg (6.58%), Vitamin E: 0.55mg (3.69%), Fiber: 0.85g (3.4%)