



 **39%**
HEALTH SCORE

Mushroom Tarragon Fish

READY IN



45 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons suya seasoning mix white
- 1 cup breadcrumbs dry
- 6 tablespoons butter
- 2 spring onion sliced
- 5 ounces mushrooms sliced (I used shiitake)
- 5 ounces mushrooms sliced (I used shiitake)
- 0.5 teaspoon pepper
- 4 servings salt to taste
- 1.5 teaspoons tarragon

2 pounds fish fillet white lean

Equipment

oven

baking pan

Directions

Arrange fish in bottom of 13 x 9-inch baking pan, overlapping thinner ends of fish to prevent overcooking. In order listed, evenly sprinkle wine, tarragon, salt and pepper (as desired), mushrooms, green onions and bread crumbs over fish.

Drizzle with butter.

Bake at 400 degrees F for 15 to 20 minutes or until fish flakes when tested with fork. Makes 4 to 6 servings
NOTES : A quick and stylish entree

Nutrition Facts

 **PROTEIN 39.07%**  **FAT 38.46%**  **CARBS 22.47%**

Properties

Glycemic Index:63.25, Glycemic Load:1.01, Inflammation Score:-8, Nutrition Score:37.34652173913%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Taste

Sweetness: 21.77%, Saltiness: 87.9%, Sourness: 19.67%, Bitterness: 29%, Savoriness: 69.27%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 524.69kcal (26.23%), Fat: 23.11g (35.55%), Saturated Fat: 12.67g (79.2%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 23.47g (8.53%), Sugar: 3.68g (4.09%), Cholesterol: 158.55mg (52.85%), Sodium: 652.19mg (28.36%), Protein: 52.82g (105.64%), Selenium: 108.99µg (155.7%), Vitamin K: 88.2µg (84%), Vitamin B3: 13.83mg (69.13%), Vitamin B12: 3.74µg (62.37%), Phosphorus: 517.47mg (51.75%), Manganese: 1.02mg (51.02%), Vitamin D: 7.17µg (47.82%), Iron: 7.37mg (40.95%), Vitamin B2: 0.62mg (36.33%), Potassium: 1150.57mg (32.87%), Folate: 128.22µg (32.06%), Vitamin B6: 0.61mg (30.63%), Vitamin B1: 0.44mg (29.17%), Magnesium: 113.82mg (28.46%),

Fiber: 6.91g (27.65%), Copper: 0.55mg (27.4%), Calcium: 270.45mg (27.05%), Vitamin B5: 2.45mg (24.48%),
Vitamin E: 3.48mg (23.22%), Vitamin A: 806.12IU (16.12%), Zinc: 1.88mg (12.55%), Vitamin C: 3.25mg (3.94%)