



Mustard-Roasted Fish

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons capers drained
- 8 ounces crème fraîche
- 3 tablespoons dijon mustard
- 4 fillet snapper white red such as trout or snapper, 2 pounds total
- 2 tablespoons shallots minced
- 1 tablespoon coarse mustard

Equipment

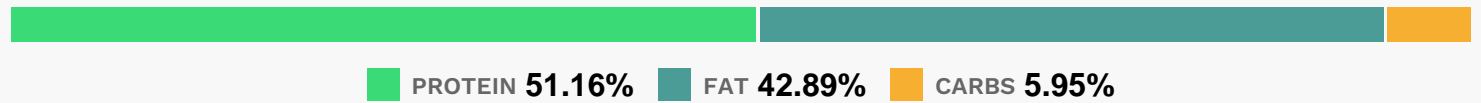
- bowl

- baking paper
- oven
- whisk
- baking pan

Directions

- Preheat an oven to 425°F.
- In a small bowl, whisk together the crème fraîche, mustards, shallots, capers, 1 teaspoon salt, and 1/2 teaspoon pepper.
- Lay the fillets in an ovenproof baking dish or on a sheet pan lined with parchment paper. Spoon the sauce generously over the fillets, ensuring that the fish is completely covered.
- Bake the fish for 10–15 minutes, or until just done and beginning to flake easily.
- Serve hot or at room temperature with any remaining sauce spooned over the fish.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:21.962174063144%

Flavonoids

Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 295.24kcal (14.76%), Fat: 13.8g (21.23%), Saturated Fat: 6.25g (39.08%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.54g (2.83%), Cholesterol: 96.35mg (32.12%), Sodium: 319.67mg (13.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.04g (74.07%), Vitamin D: 17.34µg (115.6%), Selenium: 72.21µg (103.16%), Vitamin B12: 5.22µg (86.98%), Phosphorus: 398.99mg (39.9%), Vitamin B6: 0.73mg (36.55%), Potassium: 819.37mg (23.41%), Magnesium: 68.65mg (17.16%), Vitamin B5: 1.53mg (15.25%), Vitamin E: 1.91mg (12.74%), Calcium: 123.37mg (12.34%), Vitamin A: 545.66IU (10.91%), Vitamin B1: 0.12mg (8.07%), Vitamin B2: 0.11mg (6.63%), Zinc: 0.92mg (6.12%), Manganese: 0.11mg (5.31%), Vitamin C: 3.73mg (4.53%), Copper: 0.08mg (3.85%), Folate: 14.88µg (3.72%), Iron: 0.66mg (3.67%), Fiber: 0.84g (3.35%), Vitamin B3: 0.64mg (3.18%), Vitamin K: 1.53µg (1.46%)