



## Pan-Fried Grouper Meunière

READY IN



45 min.

SERVINGS



6

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons butter melted
- 0.3 cup capers
- 0.3 cup flour all-purpose
- 2 tablespoons parsley fresh minced
- 24 ounce grouper fillets halved
- 3 tablespoons juice of lemon
- 0.3 cup madeira wine
- 0.3 teaspoon pepper freshly ground
- 0.5 teaspoon salt

- 1 teaspoon tarragon dried whole crumbled
- 2 tablespoons vegetable oil

## Equipment

- frying pan

## Directions

- Sprinkle fillets with tarragon, salt, and pepper; dredge lightly in flour.
- Cook fish in butter and hot oil in a large skillet over medium heat 7 to 8 minutes on each side or until fish flakes easily when tested with a fork.
- Remove fish from skillet, and place on a serving platter. Set aside, and keep warm.
- Drain drippings from skillet, reserving 2 tablespoons in skillet.
- Add Madeira; cook over medium heat 4 minutes or until reduced to 2 tablespoons, deglazing skillet by scraping particles that cling to pan. Stir in lemon juice and capers; cook until thoroughly heated.
- Pour sauce over fish, and sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:45.67, Glycemic Load:3.04, Inflammation Score:-6, Nutrition Score:10.823478325554%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 9.6mg, Kaempferol: 9.6mg, Kaempferol: 9.6mg, Kaempferol: 9.6mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg

## Nutrients (% of daily need)

Calories: 226.75kcal (11.34%), Fat: 11.54g (17.75%), Saturated Fat: 4.59g (28.69%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.93g (1.79%), Sugar: 0.34g (0.38%), Cholesterol: 57.01mg (19%), Sodium: 502.46mg (21.85%), Alcohol: 1.03g (100%), Alcohol %: 0.83% (100%), Protein: 22.9g (45.81%), Selenium: 43.35µg (61.93%), Vitamin K: 32.68µg (31.12%), Phosphorus: 196.09mg (19.61%), Vitamin B6: 0.36mg (18.11%), Potassium: 591.31mg (16.89%), Vitamin B12: 0.69µg (11.54%), Magnesium: 42.27mg (10.57%), Vitamin A: 474.38IU (9.49%), Vitamin B5: 0.9mg (9.04%), Iron: 1.61mg (8.93%), Vitamin B1: 0.13mg (8.42%), Folate: 26.18µg (6.54%), Vitamin C: 5.16mg (6.25%), Manganese: 0.11mg (5.48%), Zinc: 0.65mg (4.37%), Calcium: 43.47mg (4.35%), Vitamin E: 0.62mg (4.15%), Vitamin B3: 0.78mg (3.89%), Copper: 0.06mg (3.23%), Vitamin B2: 0.05mg (3.09%), Fiber: 0.49g (1.94%)