




Pan Roasted Arctic Char with Orange and Rosemary Beurre Blanc

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



429 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounces butter cold cubed
- 2 cups rice wild cooked
- 2 ounces heavy cream
- 0.5 ounce olive oil
- 0.5 cup orange juice
- 8 orange segments
- 2 tablespoons orange zest

- 1 sprig rosemary plus 1 tablespoon rosemary fresh chopped for garnishing
- 4 servings salt and pepper
- 4 servings salt and pepper black freshly ground
- 0.5 cup white wine
- 24 ounce arctic char skinless
- 24 ounce arctic char skinless

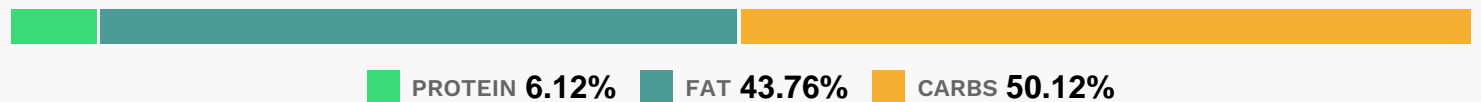
Equipment

- frying pan
- whisk
- pot

Directions

- In a saucepot over medium heat add orange juice, white wine, orange zest and rosemary. Reduce to 1/2 cup of liquid. Strain and return to saucepot. Over medium heat whisk in the cream and bring to a low boil. Turn heat to low and whisk in cold cubes of butter.
- Remove rosemary sprig and season with salt and pepper, to taste. Reserve warm.
- In a skillet over medium heat add the olive oil. Season the fillets with salt and pepper, then add to the hot pan. Allow fish to cook until golden brown, about 2 to 3 minutes per side.
- Remove fish from pan and place on top of warmed wild rice.
- Add sauce around and over fish.
- Garnish with chopped rosemary and orange segments.

Nutrition Facts



Properties

Glycemic Index:65.38, Glycemic Load:12.25, Inflammation Score:-9, Nutrition Score:16.472608763239%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 75.22mg, Hesperetin: 75.22mg, Hesperetin: 75.22mg Naringenin: 40.92mg, Naringenin: 40.92mg, Naringenin: 40.92mg, Naringenin: 40.92mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 428.91kcal (21.45%), Fat: 20.82g (32.04%), Saturated Fat: 11.13g (69.54%), Carbohydrates: 53.66g (17.89%), Net Carbohydrates: 45.48g (16.54%), Sugar: 28.41g (31.57%), Cholesterol: 46.49mg (15.5%), Sodium: 293.22mg (12.75%), Alcohol: 3.09g (100%), Alcohol %: 0.89% (100%), Protein: 6.55g (13.1%), Vitamin C: 159.06mg (192.81%), Fiber: 8.18g (32.72%), Folate: 111.51µg (27.88%), Vitamin A: 1230.49IU (24.61%), Vitamin B1: 0.31mg (20.49%), Potassium: 665.21mg (19.01%), Manganese: 0.35mg (17.5%), Vitamin B6: 0.31mg (15.33%), Magnesium: 61.02mg (15.25%), Vitamin B2: 0.22mg (13.2%), Calcium: 131.88mg (13.19%), Phosphorus: 127.02mg (12.7%), Copper: 0.24mg (11.89%), Vitamin E: 1.66mg (11.06%), Vitamin B3: 1.99mg (9.97%), Zinc: 1.39mg (9.27%), Vitamin B5: 0.92mg (9.22%), Iron: 0.98mg (5.43%), Vitamin K: 4.3µg (4.1%), Selenium: 2.63µg (3.76%), Vitamin D: 0.23µg (1.51%)