



Pan Seared Bronzino with Mushroom Pan Jus

READY IN



35 min.

SERVINGS



6

CALORIES



911 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stick butter at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup grapeseed oil
- ☐ 1 teaspoon ground pepper white
- ☐ 1 cup mushrooms cut into quarters

- ☐ 2 teaspoons sea salt
- ☐ 3 cups mushroom stock
- ☐ 36 ounce skin-on boneless
- ☐ 1 cup white wine such as chardonnay

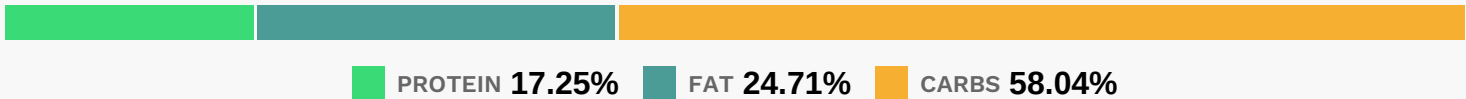
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Heat a saute pan over medium-high heat.
- ☐ Add 1 tablespoon oil and heat to the verge of smoking. Next, mix the salt and pepper evenly into the flour and coat both sides of each fillet of fish. Then add to the pan, cooking until browned, 2 to 3 minutes. Flip and repeat on the second side until golden brown, 2 to 3 minutes. Repeat with each fillet, holding the cooked fillets warm, covered with foil on a plate, until serving.
- ☐ Additional oil may be needed during the process. After searing the fish, add the wine to the pan to deglaze. Allow the wine to reduce by half, 3 to 4 minutes, then add the stock and reduce by three-quarters volume, resulting in 1 cup sauce. This reduction will take 4 to 5 minutes. Then add the mushrooms, herbs and garlic. Stir and allow to finish, reducing by half again, a final 2 to 3 minutes.
- ☐ Remove from the heat and whisk in the butter until creamy. Finish the fillets with the pan sauce and serve.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:12.56, Inflammation Score:-9, Nutrition Score:13.841739201675%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 911.46kcal (45.57%), Fat: 24.65g (37.92%), Saturated Fat: 10.6g (66.26%), Carbohydrates: 130.26g (43.42%), Net Carbohydrates: 119.05g (43.29%), Sugar: 17.09g (18.99%), Cholesterol: 40.49mg (13.5%), Sodium: 1370.06mg (59.57%), Alcohol: 4.12g (100%), Alcohol %: 1.32% (100%), Protein: 38.71g (77.41%), Iron: 10.35mg (57.48%), Fiber: 11.21g (44.86%), Vitamin C: 32.92mg (39.9%), Calcium: 325.87mg (32.59%), Vitamin E: 3.07mg (20.48%), Vitamin A: 833.04IU (16.66%), Selenium: 8.86µg (12.66%), Manganese: 0.24mg (12.12%), Vitamin B1: 0.18mg (12.11%), Vitamin K: 12.48µg (11.89%), Vitamin B2: 0.19mg (10.99%), Folate: 43.41µg (10.85%), Vitamin B3: 1.89mg (9.47%), Phosphorus: 50.97mg (5.1%), Copper: 0.1mg (4.76%), Vitamin B5: 0.38mg (3.8%), Potassium: 119.41mg (3.41%), Magnesium: 13.06mg (3.27%), Vitamin B6: 0.06mg (2.88%), Zinc: 0.33mg (2.23%)