



Pan-Seared Rockfish with Lemon Beurre Blanc

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup butter softened
- 0.5 cup canola oil
- 0.5 cup cooking wine dry white
- 1 cup heavy cream
- 4 juice of lemon juiced
- 48 ounce rockfish fillets (alternatives: rock cod, pacific snapper or striped bass)
- 0.5 cup flour seasoned with salt and freshly ground black pepper all-purpose

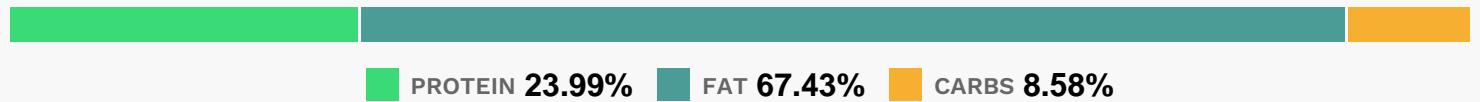
Equipment

- frying pan
- sauce pan
- whisk

Directions

- Prepare the lemon beurre blanc sauce by combining the lemon juice, wine and cream in a 1-quart saucepan and simmering on medium heat until reduced by half the volume. Meanwhile, heat canola oil in a large skillet over medium-high heat. Dredge fish fillets in flour and saute in the hot skillet until golden brown.
- Remove fish from heat and let rest. When the sauce has thickened, slowly whisk in the butter.
- Place fish on platter, and drizzle sauce around and over the fish to serve.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:2.53, Inflammation Score:-9, Nutrition Score:31.263913258262%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 729.41kcal (36.47%), Fat: 54.71g (84.17%), Saturated Fat: 30.28g (189.23%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 10.61g (3.86%), Sugar: 2g (2.23%), Cholesterol: 307.6mg (102.53%), Sodium: 415.61mg (18.07%), Alcohol: 2.06g (100%), Alcohol %: 0.68% (100%), Protein: 43.79g (87.58%), Vitamin B12: 8.79µg (146.52%), Manganese: 2.57mg (128.73%), Selenium: 85.36µg (121.94%), Phosphorus: 517.49mg (51.75%), Vitamin B6: 0.77mg (38.6%), Vitamin K: 38.93µg (37.08%), Vitamin A: 1841.72IU (36.83%), Magnesium: 131.17mg (32.79%), Potassium: 924.18mg (26.41%), Vitamin B3: 5.07mg (25.35%), Iron: 3.94mg (21.87%), Vitamin B5: 2.15mg (21.55%), Fiber: 5.05g (20.19%), Vitamin B1: 0.26mg (17.58%), Copper: 0.34mg (17.04%), Calcium: 159.62mg (15.96%), Vitamin E: 2.13mg (14.21%), Vitamin B2: 0.2mg (11.59%), Vitamin C: 7.98mg (9.67%), Zinc: 1.31mg (8.7%), Folate: 30.68µg (7.67%), Vitamin D: 0.63µg (4.23%)