



 **17%**  
HEALTH SCORE

## Perch Fillets With Shrimp and Vermouth Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



830 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 250 grams baby shrimp
- 1 cup breadcrumbs homemade
- 3 tablespoons butter
- 0.5 cup chicken stock see
- 1 eggs
- 1 cup flour
- 3 tablespoons flour
- 1 cup cup heavy whipping cream
- 0.5 cup milk

- 1 cup vegetable oil; peanut oil preferred for frying
- 450 grams perch fillets
- 1 tablespoon salt
- 0.3 cup mirin
- 0.3 cup mirin

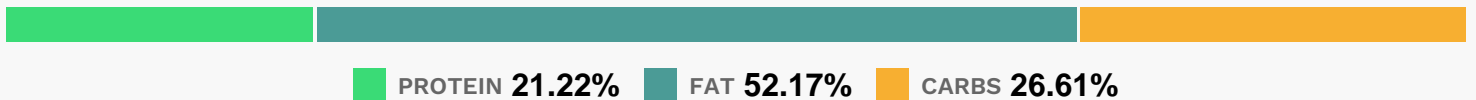
## Equipment

- frying pan

## Directions

- Wash and dry fillets, dust with flour.
- Mix egg with milk, add salt. Dip fish into egg and milk mixture. Dredge in crumbs. Reserve.
- Heat butter in pan.
- Add flour and stir into paste (roux). Cook for 2 minutes (do not allow to brown).
- Add cream, stock and vermouth. Simmer until thick.
- Add shrimp. Simmer for 5 minutes on low heat.
- Heat oil in skillet. Fry fish in oil for 1 -2 minutes each side.
- Place fried fillets on platter.
- Pour half the sauce over fish.
- Serve remainder separately.

## Nutrition Facts



## Properties

Glycemic Index:59.5, Glycemic Load:20.9, Inflammation Score:-8, Nutrition Score:29.566956521739%

## Taste

Sweetness: 15.68%, Saltiness: 14.58%, Sourness: 11.3%, Bitterness: 5.97%, Savoriness: 7.35%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 829.51kcal (41.48%), Fat: 46.64g (71.75%), Saturated Fat: 22.58g (141.11%), Carbohydrates: 53.52g (17.84%), Net Carbohydrates: 51.31g (18.66%), Sugar: 5.5g (6.11%), Cholesterol: 315.29mg (105.1%), Sodium: 2519.68mg (109.55%), Alcohol: 2.85g (15.83%), Protein: 42.68g (85.35%), Selenium: 58.49µg (83.56%), Manganese: 1.31mg (65.73%), Phosphorus: 559.59mg (55.96%), Vitamin B12: 3.3µg (55.02%), Vitamin B1: 0.69mg (45.75%), Vitamin B2: 0.65mg (38.01%), Vitamin B3: 7.35mg (36.73%), Vitamin D: 4.95µg (32.97%), Folate: 123.24µg (30.81%), Vitamin A: 1393.01IU (27.86%), Calcium: 266.14mg (26.61%), Iron: 4.49mg (24.97%), Vitamin E: 3.72mg (24.8%), Copper: 0.44mg (21.84%), Zinc: 2.97mg (19.81%), Magnesium: 77.82mg (19.46%), Vitamin B6: 0.36mg (18.06%), Vitamin B5: 1.79mg (17.94%), Potassium: 617.46mg (17.64%), Fiber: 2.21g (8.84%), Vitamin K: 5.09µg (4.85%), Vitamin C: 2.33mg (2.82%)