



## Poached Lemon Grouper

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup capers
- 2 tablespoons parsley fresh minced
- 0.5 teaspoon garlic minced
- 24 ounce grouper fillets halved
- 2 tablespoons juice of lemon fresh
- 0.3 cup madeira wine
- 1 teaspoon olive oil extra-virgin
- 0.3 teaspoon pepper freshly ground

- 0.1 teaspoon salt
- 1 teaspoon tarragon dried whole crumbled
- 4 cups water

## Equipment

- frying pan

## Directions

- Sprinkle fillets with tarragon, pepper, and salt. Bring 4 cups water to a boil in a large nonstick skillet over medium heat. Reduce heat, and add fillets; cover, and simmer 8 to 10 minutes or until fish flakes easily when tested with a fork.
- Remove fish from liquid, and place on a serving platter; discard liquid. Set fish aside, and keep warm.
- Heat olive oil in a nonstick skillet over medium-high heat until hot.
- Add garlic; saute 1 minute or until tender.
- Add Madeira; cook 1 minute or until reduced to 2 tablespoons. Stir in lemon juice and capers; cook until thoroughly heated.
- Pour sauce over fish, and sprinkle with parsley.

## Nutrition Facts

**PROTEIN 79.63%** **FAT 15.55%** **CARBS 4.82%**

## Properties

Glycemic Index:29.83, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:9.4904347606327%

## 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: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 9.6mg, Kaempferol: 9.6mg, Kaempferol: 9.6mg, Kaempferol: 9.6mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

0.2mg Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg

## **Nutrients (% of daily need)**

Calories: 123.24kcal (6.16%), Fat: 1.94g (2.98%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.27g (0.3%), Cholesterol: 41.96mg (13.99%), Sodium: 319.92mg (13.91%), Alcohol: 1.03g (100%), Alcohol %: 0.44% (100%), Protein: 22.31g (44.63%), Selenium: 41.55µg (59.36%), Vitamin K: 24.24µg (23.09%), Phosphorus: 188.96mg (18.9%), Vitamin B6: 0.36mg (18.09%), Potassium: 582.46mg (16.64%), Vitamin B12: 0.68µg (11.34%), Magnesium: 42.47mg (10.62%), Vitamin B5: 0.87mg (8.71%), Iron: 1.37mg (7.6%), Vitamin A: 299.32IU (5.99%), Vitamin B1: 0.09mg (5.66%), Vitamin C: 4.27mg (5.17%), Calcium: 45.96mg (4.6%), Zinc: 0.63mg (4.19%), Copper: 0.08mg (4.13%), Folate: 15.94µg (3.99%), Manganese: 0.08mg (3.87%), Vitamin B3: 0.47mg (2.34%), Vitamin B2: 0.02mg (1.43%), Fiber: 0.34g (1.37%), Vitamin E: 0.18mg (1.19%)