



Roasted Grouper with Seafood Risotto and Champagne-Citrus Beurre Blanc

 Gluten Free  Dairy Free  Low Fod Map

READY IN



111 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 2 tablespoons canola oil
- 4 servings champagne-citrus beurre blanc
- 24 ounce grouper fillets skinless
- 4 servings kosher salt
- 4 servings seafood risotto

Equipment

frying pan

oven

Directions

Preheat oven to 45

Prepare Seafood Risotto and Champagne–Citrus Beurre Blanc; cover, and keep warm.

Heat oil in an oven–safe, nonstick skillet over high heat.

Sprinkle grouper with salt and pepper.

Place fish in pan, and reduce heat to medium. Cook 2 minutes.

Transfer skillet to oven, and bake 6 minutes or until fish is just cooked through.

Serve over Seafood Risotto and Champagne–Citrus Beurre Blanc.

Nutrition Facts

 **PROTEIN 60.71%**  **FAT 35.97%**  **CARBS 3.32%**

Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:12.317391483356%

Nutrients (% of daily need)

Calories: 291.95kcal (14.6%), Fat: 8.75g (13.46%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.79g (0.65%), Sugar: 1.7g (1.89%), Cholesterol: 62.94mg (20.98%), Sodium: 303.32mg (13.19%), Alcohol: 9.47g (100%), Alcohol %: 3.67% (100%), Protein: 33.23g (66.46%), Selenium: 62.39µg (89.12%), Phosphorus: 297.92mg (29.79%), Potassium: 953.18mg (27.23%), Vitamin B6: 0.54mg (27.01%), Vitamin B12: 1.02µg (17.01%), Magnesium: 67.71mg (16.93%), Vitamin B5: 1.28mg (12.77%), Iron: 2.12mg (11.76%), Vitamin E: 1.23mg (8.17%), Vitamin B1: 0.12mg (7.95%), Zinc: 0.94mg (6.24%), Calcium: 59.81mg (5.98%), Vitamin K: 5.15µg (4.91%), Vitamin A: 243.79IU (4.88%), Folate: 16.81µg (4.2%), Vitamin B3: 0.68mg (3.41%), Copper: 0.05mg (2.59%), Manganese: 0.04mg (1.85%), Vitamin B2: 0.02mg (1.38%)