



Rockfish with Crab and Old Bay Cream Sauce

 Gluten Free

READY IN



23 min.

SERVINGS



6

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 teaspoons old bay with garlic & herb seasoning, divided mccormick®
- 3 tablespoons butter divided
- 2 teaspoons dijon mustard
- 1 green onion finely chopped
- 1 cup heavy cream
- 8 ounces lump crab meat
- 1.5 pounds striped bass fillets
- 2 tablespoons white wine

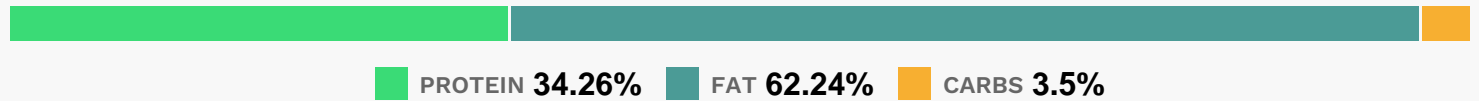
Equipment

frying pan

Directions

- Heat large skillet on medium-high heat 3 minutes. Melt 2 tablespoons butter in skillet. Season flesh side of fish with 1 1/2 teaspoons Old Bay with Garlic & Herb Seasoning.
- Place fish, skin-side up, in skillet. Cook 5 minutes, turning fish after 3 minutes.
- Remove fish from skillet; keep warm. Reduce heat to medium.
- Stir wine into skillet, scraping bottom to loosen browned bits.
- Add remaining butter and green onion; cook and stir 1 minute. Gradually stir in cream.
- Stir in mustard and remaining Old Bay with Garlic & Herb Seasoning. Simmer 2 minutes or until slightly thickened. Stir in crabmeat. Return fish to skillet; cover. Cook 3 minutes longer or until fish flakes easily with a fork.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.08, Inflammation Score:-7, Nutrition Score:19.3004347444876%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 338kcal (16.9%), Fat: 23.01g (35.41%), Saturated Fat: 13.37g (83.54%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 1.91g (0.7%), Sugar: 1.36g (1.52%), Cholesterol: 166.47mg (55.49%), Sodium: 469.38mg (20.41%), Alcohol: 0.51g (100%), Alcohol %: 0.31% (100%), Protein: 28.5g (57%), Vitamin B12: 7.81µg (130.15%), Selenium: 57.09µg (81.55%), Phosphorus: 338.48mg (33.85%), Vitamin B6: 0.44mg (21.86%), Copper: 0.4mg (20.21%), Zinc: 2.88mg (19.23%), Magnesium: 74.04mg (18.51%), Vitamin A: 925.22IU (18.5%), Vitamin K: 18.71µg (17.82%), Vitamin B3: 2.95mg (14.73%), Potassium: 444.22mg (12.69%), Iron: 2.04mg (11.34%), Vitamin B5: 1.12mg (11.19%), Calcium:

98mg (9.8%), Vitamin B1: 0.15mg (9.74%), Folate: 34.95µg (8.74%), Vitamin B2: 0.14mg (8.32%), Manganese: 0.15mg (7.46%), Vitamin E: 0.92mg (6.13%), Vitamin D: 0.63µg (4.23%), Vitamin C: 3.31mg (4.02%), Fiber: 1g (3.99%)