



Sablefish with Mild Mustard Glace



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 teaspoon cider vinegar
- ☐ 1.5 ounce roasted chicken demi-glace (such as More Than Gourmet)
- ☐ 0.8 teaspoon mustard dry
- ☐ 2 garlic cloves crushed
- ☐ 1 tablespoon green onions thinly sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 24 ounce sablefish fillets

☐ 0.8 cup water divided

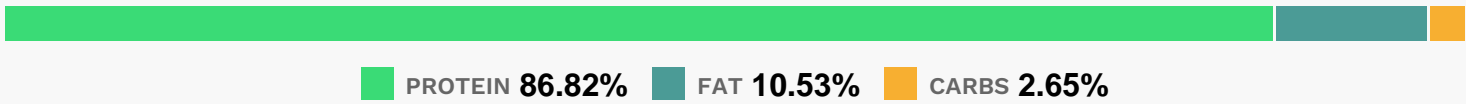
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Heat a small saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add garlic; saut 30 seconds or until garlic becomes fragrant, stirring constantly.
- ☐ Add 1/2 cup water; bring to a simmer.
- ☐ Add demi-glace, stirring with a whisk until combined.
- ☐ Combine remaining 1/4 cup water and mustard, stirring with a whisk until mustard dissolves. Stir mustard mixture, vinegar, and 1/4 teaspoon pepper into glaze mixture; bring to a boil. Reduce heat, and simmer 3 minutes; strain through a fine sieve over a bowl. Discard solids; keep glaze warm.
- ☐ Heat a large heavy skillet over medium-high heat.
- ☐ Sprinkle remaining 1/4 teaspoon pepper and salt evenly over fish.
- ☐ Add fish to pan; cook 2 1/2 minutes. Reduce heat to medium; turn fish, and cook 7 minutes or until desired degree of doneness.
- ☐ Sprinkle with green onions, and serve with glaze.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:11.852608807709%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 140.63kcal (7.03%), Fat: 1.56g (2.39%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.7g (0.26%), Sugar: 0.08g (0.09%), Cholesterol: 87.92mg (29.31%), Sodium: 671.58mg (29.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.88g (57.76%), Selenium: 42.58µg (60.83%), Vitamin B12: 3.4µg (56.65%), Phosphorus: 504.83mg (50.48%), Vitamin B3: 2.74mg (13.7%), Vitamin B6: 0.26mg (13.22%), Potassium: 441.26mg (12.61%), Magnesium: 39.25mg (9.81%), Vitamin E: 0.95mg (6.33%), Vitamin B5: 0.62mg (6.2%), Vitamin D: 0.85µg (5.67%), Vitamin B2: 0.1mg (5.67%), Zinc: 0.74mg (4.95%), Manganese: 0.09mg (4.71%), Vitamin B1: 0.07mg (4.66%), Folate: 14.09µg (3.52%), Vitamin K: 3.56µg (3.39%), Copper: 0.06mg (2.86%), Iron: 0.51mg (2.84%), Calcium: 22.29mg (2.23%)