



Sea Bass and Braised Leeks with Mustard Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups belgian endive diagonally sliced (1-inch) (3 heads)
- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup bottled clam juice
- ☐ 0.3 cup dijon mustard divided (such as Delouis Fils Dijon)
- ☐ 1 teaspoon marjoram dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 garlic cloves minced

- ☐ 24 ounce grouper fillets
- ☐ 2 cups leek thinly sliced (2 large)
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon salt

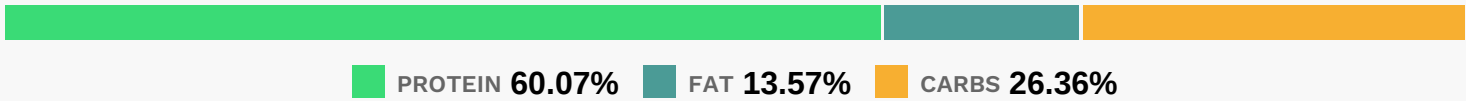
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add leek; saut 4 minutes. Stir in salt and pepper.
- ☐ Remove the mixture from pan, and set aside.
- ☐ Add endive to pan. Saut 9 minutes; stir occasionally.
- ☐ Add garlic, and cook 1 minute.
- ☐ Remove from heat; stir in the leek mixture. Spoon into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine wine, clam juice, and 2 tablespoons mustard in skillet; cook over medium-high heat until reduced to 2/3 cup (about 5 minutes).
- ☐ Remove from heat; stir in marjoram.
- ☐ Spread 2 tablespoons of mustard evenly over both sides of fillets. Arrange the fillets on top of vegetables, and pour wine mixture over the fillets. Cover and bake at 400 for 20 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:2.15, Inflammation Score:-8, Nutrition Score:19.459565131561%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 259.64kcal (12.98%), Fat: 3.56g (5.47%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 11.11g (4.04%), Sugar: 3.25g (3.61%), Cholesterol: 62.94mg (20.98%), Sodium: 526.37mg (22.89%), Alcohol: 3.09g (100%), Alcohol %: 1.02% (100%), Protein: 35.45g (70.91%), Selenium: 68.47µg (97.82%), Vitamin B6: 0.72mg (36.2%), Phosphorus: 343.61mg (34.36%), Potassium: 1172.81mg (33.51%), Manganese: 0.48mg (24.23%), Magnesium: 86.9mg (21.72%), Vitamin A: 1068.83IU (21.38%), Vitamin K: 22.17µg (21.11%), Folate: 80.99µg (20.25%), Fiber: 4.45g (17.81%), Iron: 3.11mg (17.27%), Vitamin B12: 1.03µg (17.16%), Vitamin B1: 0.24mg (16.22%), Vitamin B5: 1.57mg (15.68%), Vitamin C: 10.12mg (12.26%), Calcium: 109.1mg (10.91%), Copper: 0.16mg (8.13%), Zinc: 1.2mg (8.01%), Vitamin B3: 1.06mg (5.3%), Vitamin E: 0.64mg (4.29%), Vitamin B2: 0.07mg (3.95%)