



Skate with Capers and Brown Butter

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bay leaves
- 0.3 cup capers
- 1 teaspoon thyme leaves dried
- 0.3 cup flat-leaf parsley chopped
- 0.1 teaspoon fresh-ground pepper black
- 0.3 teaspoon peppercorns
- 0.5 cup red-wine vinegar
- 1.8 teaspoons salt

- 4 pieces skate wing ()
- 0.3 pound butter unsalted
- 4.5 cups water

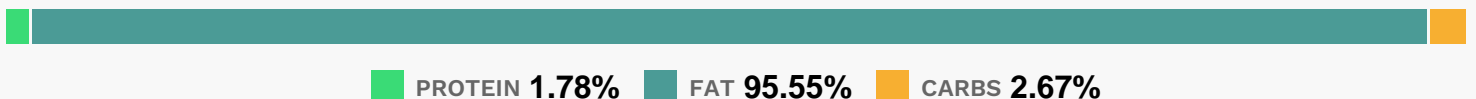
Equipment

- frying pan
- paper towels
- sauce pan

Directions

- Put the skate in a large deep frying pan in one layer.
- Pour the water and the 1/2 cup vinegar over the fish.
- Add the thyme, 1 teaspoon of the salt, the peppercorns, bay leaves, and more water if needed to cover. Bring to a simmer and cook, partially covered, at a gentle simmer for 3 minutes. Raise the heat and bring to a rolling boil.
- Remove from the heat and let sit until the fish is just done, about 5 minutes. Carefully remove the fish and drain on paper towels.
- Meanwhile, in a medium stainless-steel saucepan, melt the butter over moderate heat. Cook until the butter turns a medium brown, about 5 minutes.
- Remove from the heat and carefully stir in the remaining 1 1/2 tablespoons vinegar, the capers, the parsley, the remaining 3/4 teaspoon salt, and the ground pepper.
- Serve the fish topped with the sauce.
- Wine Recommendation: Capers suggest a medium-bodied, flavorful white wine, such as a Gavi from Italy or a pinot blanc from Alsace in France.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.08, Inflammation Score:-7, Nutrition Score:6.2721738115601%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 19.21mg, Kaempferol: 19.21mg, Kaempferol: 19.21mg, Kaempferol: 19.21mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 25.17mg, Quercetin: 25.17mg, Quercetin: 25.17mg

Nutrients (% of daily need)

Calories: 216.24kcal (10.81%), Fat: 23.19g (35.68%), Saturated Fat: 14.61g (91.34%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.12g (0.13%), Cholesterol: 60.95mg (20.32%), Sodium: 1442.34mg (62.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin K: 71.91µg (68.49%), Vitamin A: 1058.92IU (21.18%), Vitamin C: 5.91mg (7.17%), Copper: 0.12mg (5.89%), Vitamin E: 0.84mg (5.58%), Iron: 0.99mg (5.49%), Manganese: 0.1mg (5.08%), Calcium: 34.86mg (3.49%), Fiber: 0.78g (3.13%), Magnesium: 12.32mg (3.08%), Vitamin D: 0.43µg (2.83%), Folate: 10.74µg (2.68%), Vitamin B2: 0.04mg (2.08%), Potassium: 52.06mg (1.49%), Phosphorus: 13.92mg (1.39%), Zinc: 0.17mg (1.15%)