

# Baked Fish Fillets with Mushroom Sauce

*Gourmet Eating in South Carolina - (1985)*

2 fish fillets (1- to 1-1/2-inch thick)

## SAUCE

1/2 stick butter

1/2 cup fresh mushrooms

2 - 3 tablespoons lemon juice

1/4 cup green onions, chopped

4 tablespoons flour

1 cup coffee cream OR evaporated milk

1/2 cup dry white wine

white pepper (to taste)

1/4 pound crabmeat OR shrimp (cooked, peeled and deveined)

paprika

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Preheat the oven to 350 degrees.

Place the two fish fillets in a greased baking dish.

In a saucepan, melt the butter. Saute' the mushrooms and onions. Add the flour and stir until well mixed.

Add the lemon juice. Add the cream, stirring continuously.

Add the wine and pepper. Simmer for a few minutes. Pour over the fish fillets.

Top with the crabmeat or shrimp. Sprinkle with paprika. Cover with foil.

Bake for 10 to 15 minutes.

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Per Serving (excluding unknown items): 640 Calories; 46g Fat (71.7% calories from fat); 5g Protein; 36g Carbohydrate; 2g Dietary Fiber; 124mg Cholesterol; 481mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 9 Fat.

Seafood

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	640	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	71.7%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	24.7%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	3.6%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	46g	<b>Folacin (mcg):</b>	44mcg
<b>Saturated Fat (g):</b>	29g	<b>Niacin (mg):</b>	4mg

**Monounsaturated Fat (g):** 13g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 124mg  
**Carbohydrate (g):** 36g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 5g  
**Sodium (mg):** 481mg  
**Potassium (mg):** 452mg  
**Calcium (mg):** 54mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 48mg  
**Vitamin A (i.u.):** 1845IU  
**Vitamin A (r.e.):** 440 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 80  
**% Refuse:** n n%

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### Food Exchanges

**Grain (Starch):** 1 1/2  
**Lean Meat:** 0  
**Vegetable:** 1/2  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 9  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 640 Calories from Fat: 458

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### % Daily Values\*

<b>Total Fat</b>	46g		71%
Saturated Fat	29g		143%
<b>Cholesterol</b>	124mg		41%
<b>Sodium</b>	481mg		20%
<b>Total Carbohydrates</b>	36g		12%
Dietary Fiber	2g		9%
<b>Protein</b>	5g		
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<b>Vitamin A</b>			37%
<b>Vitamin C</b>			80%
<b>Calcium</b>			5%
<b>Iron</b>			15%

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\* Percent Daily Values are based on a 2000 calorie diet.