

# Red Fish in Mustard Sauce

Mrs. Weldon L. Smith Jr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

4 medium onions  
3 cups (4 medium) bell peppers  
2 1/2 cups (4 large stalks) celery  
1 1/2 cups margarine  
4 teaspoons salt  
2 teaspoons red pepper  
juice of three lemons  
4 tablespoons prepared yellow  
mustard  
1 1/2 ounces dry white wine

Cut the onions, peppers and celery into 1/2-inch pieces. Saute' the vegetables slowly in margarine for about 45 minutes. Remove from the heat. Add salt and pepper to taste (don't skimp). Add the lemon juice, mustard and wine. (This will make enough sauce for eight pounds of fish. Less sauce is needed for fillets.)

In a large baking dish, pour the sauce over cleaned, scored and generously salted and peppered fish.

Bake at 350 degrees for at least 1 to 1-1/2 hours for a six- to eight-pound red fish. Less cooking time is needed for fillets.

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Per Serving (excluding unknown items): 2747 Calories; 274g Fat (88.5% calories from fat); 12g Protein; 68g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 11835mg Sodium. Exchanges: 11 Vegetable; 54 Fat.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	2747	Vitamin B6 (mg):	1.5mg
% Calories from Fat:	88.5%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	9.8%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	1.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	274g	Folacin (mcg):	196mcg
Saturated Fat (g):	48g	Niacin (mg):	3mg
Monounsaturated Fat (g):	132g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	82g	Alcohol (kcal):	29
Cholesterol (mg):	0mg	% Refuse:	0 0%

Carbohydrate (g): 68g  
 Dietary Fiber (g): 16g  
 Protein (g): 12g  
 Sodium (mg): 11835mg  
 Potassium (mg): 1798mg  
 Calcium (mg): 322mg  
 Iron (mg): 3mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): 366mg  
 Vitamin A (i.u.): 14849IU  
 Vitamin A (r.e.): 2982RE

## Food Exchanges

Grain (Starch): 0  
 Lean Meat: 0  
 Vegetable: 11  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 54  
 Other Carbohydrates: 0

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## Nutrition Facts

### Amount Per Serving

**Calories** 2747 Calories from Fat: 2430

### % Daily Values\*

<b>Total Fat</b>	274g		422%
Saturated Fat	48g		238%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	11835mg		493%
<b>Total Carbohydrates</b>	68g		23%
Dietary Fiber	16g		65%
<b>Protein</b>	12g		
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<b>Vitamin A</b>			297%
<b>Vitamin C</b>			610%
<b>Calcium</b>			32%
<b>Iron</b>			17%

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