

# Dijon Mustard Fish

Donna Florio - South Carolina Wildlife and Marine Resources Dept.  
Gourmet Eating in South Carolina - (1985)

## Servings: 4

1 1/2 pounds fresh fish (mild white such as grouper, flounder or tile)  
6 tablespoons butter, softened  
4 teaspoons Dijon mustard  
2 teaspoons parsley, finely chopped  
bread crumbs

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Preheat the oven to 450 degrees.

Rinse the fish and cut into serving size portions.

In a small bowl, combine the butter, mustard and parsley. (Add one teaspoon of salt if using unsalted butter).

Place the fish in a baking pan. Place one tablespoon of the butter mixture on each portion of fish. Sprinkle with bread crumbs.

Bake for 7 to 10 minutes, depending on the thickness of the fish. (The fish will be done when opaque.) Baste once while cooking.

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Per Serving (excluding unknown items): 156 Calories; 17g Fat (98.0% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 47mg Cholesterol; 239mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	156	Vitamin B6 (mg):	trace
% Calories from Fat:	98.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	0.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	17g	Folacin (mcg):	2mcg
Saturated Fat (g):	11g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	47mg	% Refuse:	0.0%

Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	239mg
Potassium (mg):	15mg
Calcium (mg):	10mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	683IU
Vitamin A (r.e.):	164RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

**Calories** 156 Calories from Fat: 153

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### % Daily Values\*

<b>Total Fat</b> 17g	27%
Saturated Fat 11g	54%
<b>Cholesterol</b> 47mg	16%
<b>Sodium</b> 239mg	10%
<b>Total Carbohydrates</b> trace	0%
Dietary Fiber trace	1%
<b>Protein</b> trace	

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<b>Vitamin A</b>	14%
<b>Vitamin C</b>	1%
<b>Calcium</b>	1%
<b>Iron</b>	1%

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