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Pompano - Full Portion ♦♦

A delicious recipe featuring pompano fish. The fish is cooked to perfection and served with a flavorful sauce.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Pompano
1 tsp	salt
1 tsp	pepper
2 tbsp	olive oil
2 cloves	garlic
4 slices	lemon

2 tbsp Parsley

Directions

Step 1

Preheating

Preheat the oven to 400°F.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the pompano with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Sautéing

Heat olive oil in a pan over medium heat. Add garlic and cook until fragrant.

Prep Time: 3 mins

Cook Time: 2 mins

Step 4

Frying

Place the seasoned pompano in the pan and cook for 3-4 minutes on each side.

Prep Time: 0 mins

Cook Time: 8 mins

Step 5

Baking

Transfer the pompano to a baking dish and bake in the preheated oven for 10-12 minutes.

Prep Time: 0 mins

Cook Time: 12 mins

Step 6

Serving

Serve the pompano with lemon slices and garnish with parsley.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Meal Type

Breakfast Lunch Supper

Kitchen Tools

Slow Cooker

Course

Soups

Cultural

Chinese New Year

Cost

Over \$50

Demographics

Kids Friendly Teen Friendly Diabetic Friendly Heart Healthy

Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet Paleo Diet Ketogenic Diet Vegetarian Diet Vegan Diet

Raw Food Diet Pescatarian Diet Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Difficulty Level

Medium

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