

Lemon Butter Amberjack Fish

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-japanese-amberjack-recipe>

Ingredients:

- 6 fillets amberjack or other fish, ~2 1/2 lb
- 1 1/2 tablespoons unsalted butter
- 1 lemon ; wedged into 6 pieces
- 12 thyme sprigs
- sea salt
- black pepper

Nutrition:

1. Calories: 35 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 2 grams
6. Protein: 1 grams
7. SaturatedFat: 2 grams
8. Sodium: 130 milligrams

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