

Seared Barramundi with Mustard Sauce

Yield: 2 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-barramundi-recipe>

Ingredients:

- 2 tablespoons butter high quality butter suggested
- 2 fillets barramundi brought to room temperature
- 1/4 teaspoon sea salt pinch
- 1/8 teaspoon pepper
- 1/4 cup plain yogurt whole milk
- 1 tablespoon mustard prepared whole grain
- 1 tablespoon capers
- flat leaf parsley fresh chopped, or green onions

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 35 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 8 grams
8. Sodium: 610 milligrams
9. Sugar: 2 grams

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