



## Asian Flounder



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 teaspoons sesame oil dark divided
- ☐ 24 ounce sushi-grade yellowtail flounder
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 8 spring onion
- ☐ 4 slices optional: lemon
- ☐ 2 teaspoons soy sauce low-sodium
- ☐ 2 teaspoons rice vinegar

☐ 0.1 teaspoon salt

## Equipment

☐ plastic wrap

☐ microwave

## Directions

☐ Remove green tops from onions; slice onion tops into 1-inch pieces to measure 1/4 cup; set aside. Reserve remaining onion tops for another use.

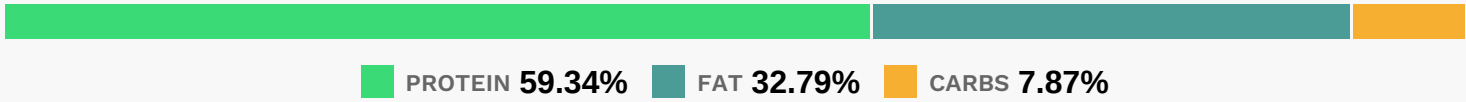
☐ Cut white portions of onions into 2-inch pieces.

☐ Combine cilantro, ginger, and 1 teaspoon oil in a 9-inch pie plate. Fold each fillet in half crosswise. Arrange fish spokelike with thinnest portions pointing toward center of dish. Arrange white onion portions between each fillet.

☐ Combine 1/4 cup green onion tops, 1 teaspoon oil, vinegar, soy sauce, and salt; pour over fish. Cover with heavy-duty plastic wrap. Microwave at HIGH 4 minutes or until fish flakes easily when tested with a fork.

☐ Garnish each fillet with a lemon slice.

## Nutrition Facts



## Properties

Glycemic Index:38.63, Glycemic Load:0.53, Inflammation Score:-5, Nutrition Score:14.473043296648%

## Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

## Nutrients (% of daily need)

Calories: 149.96kcal (7.5%), Fat: 5.38g (8.27%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2g (0.73%), Sugar: 0.79g (0.87%), Cholesterol: 76.54mg (25.51%), Sodium: 305.17mg (13.27%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.78%), Selenium: 45.46µg (64.95%), Vitamin K: 53.22µg (50.69%), Phosphorus: 443.97mg (44.4%), Vitamin B12: 1.92µg (32.03%), Vitamin D: 4.76µg (31.75%), Potassium: 369.39mg (10.55%), Vitamin C: 8.58mg (10.4%), Vitamin B3: 1.95mg (9.77%), Vitamin B6: 0.2mg (9.76%), Magnesium: 38.74mg (9.69%), Vitamin E: 1.28mg (8.55%), Vitamin A: 364.43IU (7.29%), Folate: 26.55µg (6.64%), Calcium: 56.72mg (5.67%), Zinc: 0.67mg (4.49%), Iron: 0.77mg (4.26%), Manganese: 0.08mg (4.24%), Vitamin B1: 0.06mg (3.7%), Vitamin B2: 0.06mg (3.7%), Vitamin B5: 0.36mg (3.63%), Fiber: 0.9g (3.6%), Copper: 0.06mg (3.12%)