



Baked Flounder With Dill And Caper Cream

 Gluten Free

READY IN



25 min.

SERVINGS



3

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons capers drained and rinsed
- 1.5 pounds sushi-grade yellowtail flounder
- 1 tablespoon optional: dill fresh chopped
- 3 servings salt and ground pepper black to taste
- 1 optional: lemon cut into wedges
- 3 servings lemon zest
- 1 tablespoon olive oil
- 0.5 cup cup heavy whipping cream sour

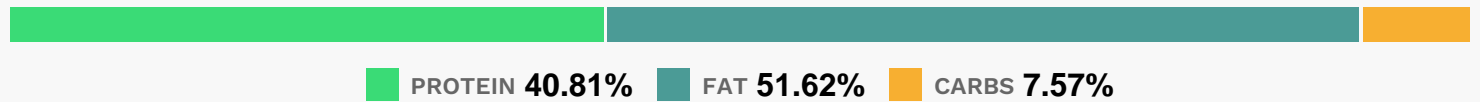
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil and coat with olive oil.
- Arrange flounder fillets on prepared baking sheet and season with salt and pepper.
- Bake in preheated oven for 10 minutes and sprinkle evenly with dill. Continue baking until fish flakes easily with a fork, about 2 minutes more.
- Stir sour cream, capers, and lemon zest in a bowl; season with salt.
- Serve fish with lemon wedges and sour cream caper sauce.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:17.153478435848%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 7.03mg, Kaempferol: 7.03mg, Kaempferol: 7.03mg, Kaempferol: 7.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.69mg, Quercetin: 9.69mg, Quercetin: 9.69mg, Quercetin: 9.69mg

Nutrients (% of daily need)

Calories: 287.98kcal (14.4%), Fat: 16.64g (25.6%), Saturated Fat: 5.54g (34.65%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 4.27g (1.55%), Sugar: 2.24g (2.49%), Cholesterol: 124.67mg (41.56%), Sodium: 344.19mg (14.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.6g (59.2%), Selenium: 61.96µg (88.51%), Phosphorus:

607.22mg (60.72%), Vitamin B12: 2.64µg (44.05%), Vitamin D: 6.35µg (42.34%), Vitamin C: 20.03mg (24.27%), Vitamin E: 2.35mg (15.66%), Vitamin B6: 0.27mg (13.44%), Potassium: 465.28mg (13.29%), Magnesium: 49.57mg (12.39%), Vitamin B3: 2.47mg (12.35%), Calcium: 98.87mg (9.89%), Vitamin B2: 0.13mg (7.36%), Vitamin A: 339.88IU (6.8%), Vitamin B5: 0.62mg (6.21%), Zinc: 0.89mg (5.96%), Fiber: 1.23g (4.91%), Vitamin B1: 0.07mg (4.88%), Vitamin K: 5.09µg (4.84%), Folate: 19.07µg (4.77%), Iron: 0.79mg (4.37%), Copper: 0.09mg (4.25%), Manganese: 0.07mg (3.27%)