



## Baked Flounder with Herb-Caper Butter

 Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 oz sushi-grade yellowtail flounder
- 1 tablespoon tarragon fresh finely chopped
- 1 clove garlic minced
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil
- 5 servings salt and pepper
- 2 tablespoons butter unsalted

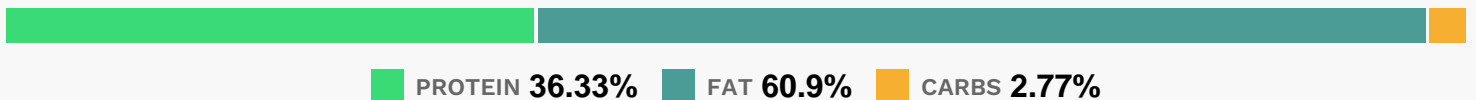
### Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- spatula

## Directions

- Preheat oven to 450F. Lightly mist with cooking spray a baking dish just large enough to hold fish fillets in a single layer.
- Place fillets in baking dish and sprinkle with salt and pepper.
- Whisk olive oil, lemon juice and garlic in a small bowl and drizzle over fish.
- Bake until fish is cooked through and no longer translucent, 7 to 10 minutes.
- While fish is cooking, melt butter in a small pan until foamy. Stir in tarragon and capers. With a spatula, transfer cooked fish to plates and spoon butter sauce on top.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:9.9134782112163%

## Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 191.25kcal (9.56%), Fat: 12.89g (19.83%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 1.32g (0.44%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.16g (0.18%), Cholesterol: 73.28mg (24.42%), Sodium: 305.77mg (13.29%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.3g (34.6%), Selenium: 36.41µg (52.01%), Phosphorus: 350.04mg (35%), Vitamin D: 3.89µg (25.96%), Vitamin B12: 1.55µg (25.79%), Vitamin E: 1.8mg (12.02%), Vitamin B6: 0.18mg (8.87%), Vitamin B3: 1.55mg (7.76%), Potassium: 270.03mg (7.72%), Magnesium: 29.98mg (7.49%), Manganese: 0.14mg (7.1%), Vitamin A: 244.06IU (4.88%), Calcium: 47.49mg (4.75%), Iron: 0.75mg (4.15%), Vitamin C: 3.21mg (3.89%), Vitamin K: 3.91µg (3.72%), Zinc: 0.51mg (3.37%), Folate: 12.03µg (3.01%), Vitamin B2: 0.05mg (2.91%), Vitamin B5: 0.27mg (2.69%), Vitamin B1: 0.04mg (2.42%), Copper: 0.04mg (1.96%)