



Baked Flounder with Panko and Parmesan

READY IN



25 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter divided melted
- 1 pinch thyme leaves dried
- 4 fillet flounder
- 4 servings ground pepper black to taste
- 1 cup panko bread crumbs
- 0.7 cup parmesan cheese grated
- 0.5 teaspoon salt

Equipment

- bowl
- oven
- baking pan
- spatula

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a large, shallow baking dish.
- Arrange flounder fillets on prepared baking dish and brush with 1 tablespoon butter.
- Combine remaining 3 tablespoons butter with bread crumbs, Parmesan cheese, salt, pepper, and thyme in a bowl; sprinkle over flounder.
- Bake in preheated oven until fish flakes easily with a fork, 15 to 20 minutes. Carefully transfer fillets to a plate with a spatula.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:15.678695835416%

Nutrients (% of daily need)

Calories: 350.53kcal (17.53%), Fat: 20.26g (31.16%), Saturated Fat: 10.81g (67.55%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 12.25g (4.45%), Sugar: 0.95g (1.06%), Cholesterol: 121.5mg (40.5%), Sodium: 921.12mg (40.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.15g (56.3%), Selenium: 54.98µg (78.55%), Phosphorus: 562.48mg (56.25%), Vitamin B12: 2.22µg (37.04%), Vitamin D: 4.84µg (32.29%), Calcium: 215.46mg (21.55%), Vitamin B3: 2.79mg (13.93%), Vitamin B1: 0.19mg (12.53%), Vitamin A: 557.26IU (11.15%), Magnesium: 43.46mg (10.86%), Vitamin E: 1.5mg (10.01%), Zinc: 1.5mg (10.01%), Vitamin B6: 0.2mg (9.96%), Manganese: 0.19mg (9.66%), Potassium: 337.27mg (9.64%), Vitamin B2: 0.16mg (9.24%), Iron: 1.18mg (6.57%), Folate: 26.13µg (6.53%), Vitamin B5: 0.47mg (4.68%), Copper: 0.08mg (3.96%), Vitamin K: 3.46µg (3.29%), Fiber: 0.72g (2.88%)