



## Baked Stuffed Flounder

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black freshly ground for seasoning fillets
- 10 ounces cheddar grated
- 3 cups rice leftover cooked
- 1.5 pounds sushi-grade yellowtail flounder
- 2 tablespoons parsley leaves fresh chopped
- 1 clove garlic minced
- 1 cup heavy cream
- 0.5 teaspoon kosher salt for the sweat and for seasoning fillets

- 1 lemon zest
- 1 medium onion chopped
- 10 ounce pkt spinach frozen dry thawed chopped
- 2 tablespoons butter unsalted
- 0.3 cup white wine

## Equipment

- frying pan
- sauce pan
- oven
- casserole dish

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- In a medium saute pan over low heat, melt the butter; add the onion and a pinch of salt and sweat until translucent.
- Add the garlic and continue to cook for another minute.
- Add the spinach and lemon zest and cook until just heated through. Season with the salt and pepper, add the parsley, and stir to combine.
- Remove from the heat and keep warm.
- Place the heavy cream and wine into a saucepan over medium heat. Once the mixture begins to simmer, gradually add the cheese and stir until melted. Set aside and keep warm.
- If the fillets are large, cut in half. Season each filet on both sides with salt and pepper. Divide the spinach mixture evenly among the fillets and roll the fish around the mixture.
- Place the rice into a 2 1/2-quart casserole dish and spread evenly.
- Place each roll on top of the rice, seam side down.
- Pour over the cheese sauce and place in the oven for 25 minutes. Allow to cool for 5 minutes before serving.

## Nutrition Facts

PROTEIN 21.34% FAT 58.31% CARBS 20.35%

## Properties

Glycemic Index:45.33, Glycemic Load:24.71, Inflammation Score:-10, Nutrition Score:29.670434620069%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

## Nutrients (% of daily need)

Calories: 574.32kcal (28.72%), Fat: 36.89g (56.75%), Saturated Fat: 21.18g (132.4%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 26.78g (9.74%), Sugar: 2.6g (2.88%), Cholesterol: 153.13mg (51.05%), Sodium: 643.77mg (27.99%), Alcohol: 1.03g (100%), Alcohol %: 0.36% (100%), Protein: 30.38g (60.76%), Vitamin K: 200.74µg (191.18%), Vitamin A: 6864.71IU (137.29%), Selenium: 53.72µg (76.74%), Phosphorus: 592.32mg (59.23%), Calcium: 463.71mg (46.37%), Manganese: 0.78mg (39.18%), Vitamin B12: 1.85µg (30.89%), Vitamin D: 4.16µg (27.76%), Vitamin B2: 0.43mg (25.45%), Folate: 93.97µg (23.49%), Magnesium: 84.88mg (21.22%), Vitamin E: 2.96mg (19.74%), Zinc: 2.92mg (19.43%), Vitamin B6: 0.35mg (17.44%), Potassium: 493.76mg (14.11%), Vitamin B3: 1.84mg (9.22%), Vitamin B5: 0.9mg (9.03%), Vitamin C: 7.41mg (8.99%), Copper: 0.18mg (8.9%), Fiber: 2.18g (8.72%), Iron: 1.55mg (8.59%), Vitamin B1: 0.12mg (7.92%)