



Baked Stuffed Flounder Ricardo

READY IN

ready

60 min.

SERVINGS

servings

4

CALORIES

calories

1080 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups bread crumbs fresh
- ☐ 2 tablespoons butter
- ☐ 1 cup celery diced
- ☐ 1 eggs
- ☐ 2 pounds sushi-grade yellowtail flounder
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 2 sprigs parsley fresh for garnish
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 4 servings ground pepper black to taste

- ☐ 1.5 cups cup heavy whipping cream light
- ☐ 3 tablespoons onion minced
- ☐ 1.5 teaspoons sage
- ☐ 4 servings salt to taste
- ☐ 4 ounces sharp cheddar cheese shredded
- ☐ 0.5 cup cooking sherry

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ In a large bowl, combine bread crumbs, 1 teaspoon nutmeg, sage, celery, onion, and salt an pepper; mix well. Beat egg slightly, and mix into the stuffing.
- ☐ Spread stuffing on each fillet, roll up, and secure with toothpicks. Stand fillets up in a 2 quart casserole.
- ☐ Stir together cream and sherry in a small bowl.
- ☐ Pour over fillets.
- ☐ Sprinkle with cheese.
- ☐ Bake at 350 degrees F (175 degrees C) for 30 minutes.
- ☐ Remove from oven.
- ☐ Serve stuffed fillets with cream sauce.
- ☐ Sprinkle lightly with nutmeg, place a pat of butter or margarine on each fillet, and garnish with parsley.
- ☐ If the sauce needs thickening, pour it into a small saucepan. Stir in 2 to 3 tablespoons flour, and cook over low heat for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:3.23, Inflammation Score:-9, Nutrition Score:43.182173842969%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 1079.68kcal (53.98%), Fat: 54.4g (83.69%), Saturated Fat: 29.12g (182.03%), Carbohydrates: 87.32g (29.11%), Net Carbohydrates: 81.65g (29.69%), Sugar: 7.97g (8.85%), Cholesterol: 285.86mg (95.29%), Sodium: 1467.03mg (63.78%), Alcohol: 3.09g (100%), Alcohol %: 0.72% (100%), Protein: 53.37g (106.74%), Selenium: 101.23µg (144.61%), Copper: 2.64mg (132%), Phosphorus: 977.65mg (97.77%), Vitamin B1: 1.18mg (78.63%), Manganese: 1.23mg (61.49%), Vitamin B12: 3.53µg (58.84%), Calcium: 537.24mg (53.72%), Vitamin B3: 10mg (49.98%), Vitamin D: 7.28µg (48.52%), Vitamin B2: 0.82mg (48.01%), Folate: 162.18µg (40.54%), Iron: 6.39mg (35.5%), Vitamin A: 1657.58IU (33.15%), Magnesium: 112.37mg (28.09%), Zinc: 3.85mg (25.64%), Vitamin K: 26.9µg (25.62%), Potassium: 811.31mg (23.18%), Vitamin B6: 0.46mg (23.12%), Fiber: 5.67g (22.66%), Vitamin E: 2.87mg (19.14%), Vitamin B5: 1.65mg (16.5%), Vitamin C: 2.55mg (3.09%)