



Broiled Flounder with Tartar Sauce



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons dill pickle relish
- ☐ 24 ounce sushi-grade yellowtail flounder
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 0.8 teaspoon garlic salt
- ☐ 1 teaspoon hot sauce divided
- ☐ 1 tablespoon juice of lemon
- ☐ 4 servings lemon wedges

- ☐ 0.3 cup mayonnaise light
- ☐ 1 teaspoon paprika

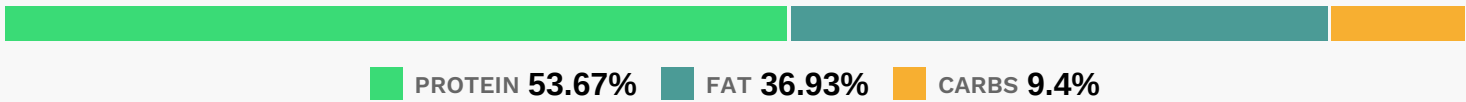
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 3 ingredients and 1/4 teaspoon hot sauce in a small bowl; set aside.
- ☐ Sprinkle fish with 3/4 teaspoon hot sauce, lemon juice, and next 3 ingredients.
- ☐ Place fish on a broiler pan coated with cooking spray.
- ☐ Broil fish 5 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve with tartar sauce and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:11.571739010189%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 162.62kcal (8.13%), Fat: 6.55g (10.07%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 3.37g (1.22%), Sugar: 0.7g (0.78%), Cholesterol: 78.78mg (26.26%), Sodium: 812mg (35.3%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.41g (42.82%), Selenium: 46.08µg (65.82%), Phosphorus: 437.25mg (43.73%), Vitamin B12: 1.92µg (32.03%), Vitamin D: 4.76µg (31.75%), Vitamin E: 1.54mg (10.24%), Vitamin B3: 1.87mg (9.36%), Vitamin B6: 0.18mg (9.19%), Potassium: 302.58mg (8.65%), Magnesium: 34.19mg (8.55%), Vitamin K: 8.13µg (7.75%), Vitamin A: 329.61IU (6.59%), Zinc: 0.6mg (4.03%), Calcium: 39.75mg (3.98%), Vitamin B5: 0.35mg (3.48%), Vitamin C: 2.84mg (3.44%), Vitamin B1: 0.05mg (3.15%), Iron: 0.56mg (3.13%), Vitamin B2: 0.05mg (2.69%), Folate: 10.43µg (2.61%), Copper: 0.05mg (2.36%), Manganese: 0.04mg (2.09%), Fiber: 0.38g (1.53%)