



Crabmeat-Stuffed Flounder

READY IN



45 min.

SERVINGS



2

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons breadcrumbs soft
- 1 tablespoon neufcha@gtel cheese
- 6 ounce sushi-grade yellowtail flounder (1/)
- 0.5 teaspoon marjoram fresh minced
- 2 tablespoons mushrooms fresh chopped
- 1 tablespoon green onions chopped
- 1 teaspoon juice of lemon
- 2 ounces lump crab meat fresh drained
- 1 teaspoon butter reduced-calorie

- 0.1 teaspoon pepper
- 0.5 ounce swiss cheese shredded reduced-fat

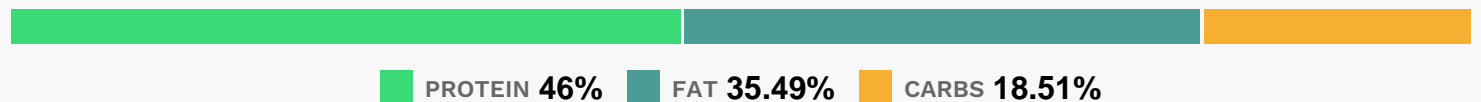
Equipment

- frying pan
- oven
- baking pan

Directions

- Coat a small nonstick skillet with cooking spray; add margarine.
- Place over medium-high heat until margarine melts.
- Add mushrooms and green onions; saute 2 minutes.
- Add cheese, minced marjoram, and pepper; cook, stirring constantly, until cheese melts.
- Remove from heat; add crabmeat, breadcrumbs, and lemon juice, and stir well.
- Spoon crabmeat mixture evenly onto fillets; roll up each fillet, jellyroll fashion, beginning at narrow end. Secure with wooden picks.
- Place rolls, seam side down, in a small baking dish coated with cooking spray.
- Bake, uncovered, at 350 for 10 minutes.
- Sprinkle Swiss cheese over rolls; bake an additional 10 minutes or until fish flakes easily when tested with a fork.
- Remove wooden picks, and, if desired, garnish with lemon wedges and marjoram sprigs.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:14.753478226454%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,

Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 189.19kcal (9.46%), Fat: 7.33g (11.28%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 7.88g (2.87%), Sugar: 1.17g (1.3%), Cholesterol: 60.16mg (20.05%), Sodium: 467.1mg (20.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.38g (42.77%), Vitamin B12: 3.75µg (62.57%), Selenium: 39.89µg (56.98%), Phosphorus: 384.95mg (38.5%), Zinc: 2.75mg (18.31%), Copper: 0.36mg (17.95%), Calcium: 174.43mg (17.44%), Vitamin D: 2.46µg (16.42%), Vitamin B3: 2.42mg (12.12%), Vitamin B2: 0.19mg (11.26%), Magnesium: 40.46mg (10.11%), Vitamin B1: 0.15mg (9.72%), Folate: 34.44µg (8.61%), Vitamin B6: 0.17mg (8.39%), Potassium: 287.88mg (8.23%), Vitamin K: 7.79µg (7.41%), Manganese: 0.14mg (7.13%), Vitamin B5: 0.57mg (5.74%), Iron: 0.96mg (5.34%), Vitamin A: 243.07IU (4.86%), Vitamin E: 0.71mg (4.7%), Vitamin C: 3.86mg (4.68%), Fiber: 0.72g (2.86%)