



## Creole Flounder

 **Gluten Free**  **Dairy Free**

READY IN



**18 min.**

SERVINGS



**8**

CALORIES



**129 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds fish fillet flavored
- 1.5 cups tomatoes chopped
- 0.5 cup bell pepper green chopped
- 0.3 cup juice of lemon
- 2 teaspoons vegetable oil
- 1 teaspoon salt
- 2 teaspoons onion instant minced
- 1 teaspoon basil dried

0.3 teaspoon pepper black

4 drops hot sauce red

## Equipment

oven

baking pan

## Directions

Heat oven to 500°F. Grease rectangular baking dish, 13x9x2 inches. If fish fillets are large, cut into 8 serving pieces.

Place fish in baking dish.

Mix remaining ingredients; spoon onto fish.

Bake uncovered 5 to 8 minutes or until fish flakes easily with fork.

Garnish with green bell pepper rings if desired.

## Nutrition Facts

**PROTEIN 70.97%** **FAT 21.76%** **CARBS 7.27%**

## Properties

Glycemic Index:13.38, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:12.306956576264%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 128.64kcal (6.43%), Fat: 3.16g (4.86%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.24g (1.38%), Cholesterol: 56.7mg (18.9%), Sodium: 364.77mg (15.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.35%), Selenium: 47.42µg (67.74%), Vitamin B12: 1.79µg (29.86%), Vitamin D: 3.52µg (23.44%), Vitamin B3: 4.65mg (23.27%), Phosphorus: 202.8mg (20.28%),

Vitamin C: 15.66mg (18.98%), Potassium: 441.07mg (12.6%), Vitamin B6: 0.23mg (11.74%), Magnesium: 36.31mg (9.08%), Folate: 34.89µg (8.72%), Vitamin K: 8.81µg (8.39%), Vitamin B5: 0.6mg (6.03%), Copper: 0.11mg (5.67%), Manganese: 0.11mg (5.41%), Vitamin A: 269.88IU (5.4%), Vitamin E: 0.76mg (5.07%), Vitamin B2: 0.08mg (4.88%), Iron: 0.87mg (4.86%), Vitamin B1: 0.07mg (4.34%), Zinc: 0.45mg (3%), Fiber: 0.6g (2.39%), Calcium: 19.09mg (1.91%)