



Creole Flounder with Lemon Couscous

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

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon creole seasoning
- 1 tablespoon onion dried minced
- 2 pounds sushi-grade yellowtail flounder
- 2 tablespoons basil fresh chopped
- 1 medium bell pepper green chopped
- 0.3 teaspoon hot sauce
- 1 slices garnish: lemon
- 6 servings lemon couscous

- 0.3 cup juice of lemon fresh
- 1 tablespoon olive oil
- 1 large tomatoes seeded chopped

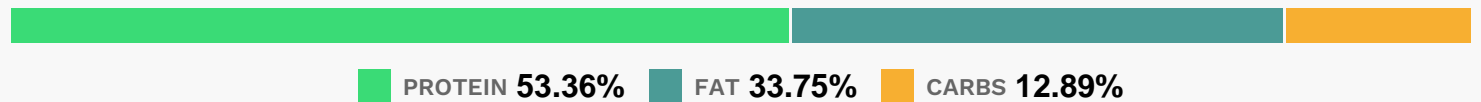
Equipment

- frying pan
- oven

Directions

- Cut fish into 6 pieces.
- Place in a lightly greased 13- x 9-inch pan.
- Stir together tomato and next 7 ingredients; spoon over fish.
- Bake at 500 for 7 to 10 minutes or until fish flakes easily with a fork.
- Serve with Lemon Couscous.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.54, Inflammation Score:-6, Nutrition Score:13.283478322236%

Flavonoids

Eriodictyol: 2.41mg, Eriodictyol: 2.41mg, Eriodictyol: 2.41mg, Eriodictyol: 2.41mg Hesperetin: 4.24mg, Hesperetin: 4.24mg, Hesperetin: 4.24mg, Hesperetin: 4.24mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 145.38kcal (7.27%), Fat: 5.47g (8.41%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 3.55g (1.29%), Sugar: 2.17g (2.41%), Cholesterol: 68.04mg (22.68%), Sodium: 129.63mg (5.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.46g (38.92%), Selenium: 40.34µg (57.63%), Phosphorus:

398.55mg (39.85%), Vitamin C: 30.8mg (37.33%), Vitamin B12: 1.71µg (28.48%), Vitamin D: 4.23µg (28.22%), Vitamin B6: 0.25mg (12.62%), Potassium: 396.21mg (11.32%), Vitamin E: 1.66mg (11.1%), Vitamin A: 552.85IU (11.06%), Vitamin B3: 1.91mg (9.56%), Magnesium: 35.71mg (8.93%), Vitamin K: 8.49µg (8.09%), Manganese: 0.11mg (5.5%), Folate: 19.9µg (4.98%), Fiber: 1.15g (4.6%), Vitamin B1: 0.07mg (4.52%), Calcium: 43.56mg (4.36%), Zinc: 0.6mg (4.02%), Vitamin B5: 0.37mg (3.73%), Copper: 0.07mg (3.61%), Iron: 0.56mg (3.08%), Vitamin B2: 0.05mg (2.93%)