



Easy Parmesan Flounder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup mayonnaise fat-free
- 24 ounce sushi-grade yellowtail flounder
- 1 tablespoon green onions thinly sliced
- 0.1 teaspoon hot sauce
- 1 tablespoon juice of lemon
- 1 tablespoon butter softened reduced-calorie
- 3 tablespoons parmesan cheese grated

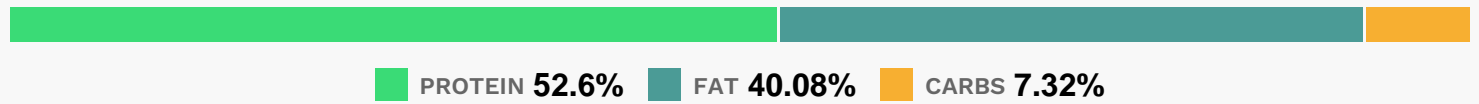
Equipment

- broiler
- broiler pan

Directions

- Preheat broiler.
- Place fish on rack of a broiler pan coated with cooking spray; brush with lemon juice. Broil 5 to 6 minutes or until fish flakes easily when tested with a fork.
- Combine mayonnaise and remaining 4 ingredients, stirring well.
- Spread mayonnaise mixture evenly over fish. Broil 1 minute or until lightly browned.
- Serve immediately.
- Tip: If flounder isn't available, you can substitute sole or orange roughy.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:11.447825805001%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 173.47kcal (8.67%), Fat: 7.55g (11.62%), Saturated Fat: 2g (12.53%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.62g (1.8%), Cholesterol: 81.11mg (27.04%), Sodium: 353.76mg (15.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.3g (44.61%), Selenium: 46.61µg (66.59%), Phosphorus: 454.82mg (45.48%), Vitamin B12: 1.98µg (32.94%), Vitamin D: 4.78µg (31.88%), Vitamin B3: 1.78mg (8.92%), Vitamin B6: 0.17mg (8.64%), Potassium: 295.78mg (8.45%), Magnesium: 32.85mg (8.21%), Vitamin E: 1.22mg (8.13%), Calcium: 72.1mg (7.21%), Vitamin K: 6.91µg (6.58%), Zinc: 0.72mg (4.81%), Vitamin A: 229.15IU (4.58%), Vitamin B5: 0.34mg (3.36%), Vitamin B2: 0.05mg (3.07%), Vitamin B1: 0.04mg (2.7%), Folate: 10.48µg (2.62%), Vitamin C: 1.83mg (2.22%), Iron: 0.37mg (2.03%), Copper: 0.04mg (1.93%), Manganese: 0.03mg (1.65%), Fiber: 0.32g (1.3%)