



Fish Roll with Compound Butter



Gluten Free



Low Fod Map

READY IN



101 min.

SERVINGS



9

CALORIES



317 kcal

Ingredients

- ☐ 4 ounces butter at room temperature (1 stick)
- ☐ 9 servings canola oil for brushing
- ☐ 3 fillet flounder
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon ground pepper fresh black
- ☐ 1 teaspoon parsley flakes dry
- ☐ 2 fillet salmon thin
- ☐ 0.3 teaspoon salt

- ☐ 9 servings salt and pepper for seasoning
- ☐ 8 sea scallops

Equipment

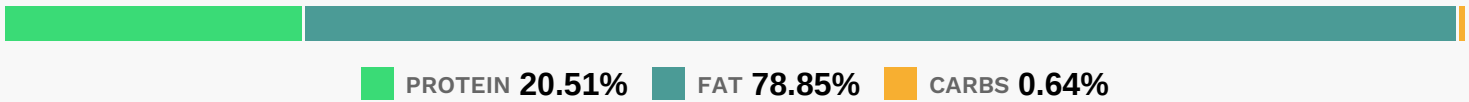
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ broiler
- ☐ broiler pan
- ☐ metal skewers

Directions

- ☐ On your counter top lay out a sheet of parchment paper and top it with a layer of plastic wrap.
- ☐ Lay out your fillets of salmon, tails away from you. Overlap the fillets of flounder about 1-inch over the tails of the salmon. Then place the scallops on a metal skewer and set at the end of the flounder furthest from you.
- ☐ Sprinkle the herbs over the fish and season with salt and pepper.
- ☐ Using the plastic wrap pull the fish towards you so that the plastic begins to pull the flounder over the scallops. Be sure not to roll the plastic into the fish roll. Use a sheet pan to push the roll tightly as you pull the plastic toward you. The roll should be tight and you should be able to remove the sheet of plastic. Then roll the fish in the parchment away from you so it is covered and can be place into the refrigerator. Refrigerate for 1 hour.
- ☐ For Compound Butter: In a large bowl using a wooden spoon mix all ingredients.
- ☐ Place the mixture on a piece of parchment and fold the parchment over itself. Pull to form a roll and twist the ends.
- ☐ Place in the freezer for 10 minutes to set up. Slice into 1/4-inch rounds and remove the parchment.

- ☐
- Preheat your broiler and place the oven rack 6–inches from the heating element.
- ☐
- Remove the metal skewer and slice the roulade into 3/4 to 1–inch rounds.
- ☐
- Place onto a broiler pan and brush each round with canola oil. Put under the broiler for 3 to 6 minutes depending on how well done you like your fish.
- ☐
- Serve with 1 slice of compound butter on each fish roll.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:11.206086956936%

Flavonoids

Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 316.96kcal (15.85%), Fat: 27.78g (42.74%), Saturated Fat: 8.15g (50.91%), Carbohydrates: 0.5g (0.17%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.01g (0.01%), Cholesterol: 76.57mg (25.52%), Sodium: 454.53mg (19.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.26g (32.52%), Selenium: 30.7µg (43.86%), Vitamin B12: 2.05µg (34.18%), Phosphorus: 266.34mg (26.63%), Vitamin E: 3.1mg (20.69%), Vitamin B6: 0.38mg (18.77%), Vitamin B3: 3.67mg (18.33%), Vitamin K: 18.45µg (17.57%), Vitamin D: 1.59µg (10.58%), Vitamin B2: 0.16mg (9.54%), Potassium: 310.02mg (8.86%), Vitamin A: 390.47IU (7.81%), Vitamin B5: 0.78mg (7.79%), Vitamin B1: 0.1mg (6.66%), Magnesium: 24.73mg (6.18%), Copper: 0.11mg (5.5%), Folate: 15.56µg (3.89%), Zinc: 0.56mg (3.75%), Iron: 0.5mg (2.77%), Calcium: 21.5mg (2.15%), Manganese: 0.03mg (1.32%)