



Flavorful Flounder For the Oven

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 2 pounds sushi-grade yellowtail flounder dry rinsed
- 3 tablespoons green onion chopped
- 2 tablespoons juice of lemon
- 3 tablespoons mayonnaise
- 0.5 cup parmesan cheese grated
- 0.3 teaspoon salt

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Prepare a 13x9-inch baking dish with non-stick cooking spray.
- Season both sides of flounder fillets with salt.
- Place into prepared baking dish.
- Brush 1 tablespoon lemon juice over fillets.
- Mix Parmesan cheese, melted butter, mayonnaise, green onions, and 2 tablespoons lemon juice in a bowl; spoon over the fillets.
- Bake flounder in preheated oven for 10 minutes. Switch oven to broil; broil fillets until the tops are just browned, 3 to 5 minutes.

Nutrition Facts

PROTEIN 33.51% **FAT 63.92%** **CARBS 2.57%**

Properties

Glycemic Index:22, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:11.787391393081%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 258.4kcal (12.92%), Fat: 18.18g (27.96%), Saturated Fat: 7.64g (47.76%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.25g (0.27%), Cholesterol: 98.56mg (32.85%), Sodium: 471mg (20.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.87%), Selenium: 43.41µg (62.02%), Phosphorus: 439.1mg (43.91%), Vitamin B12: 1.85µg (30.76%), Vitamin D: 4.29µg (28.59%), Vitamin K: 18.57µg (17.69%), Calcium: 110.77mg (11.08%), Vitamin E: 1.47mg (9.79%), Vitamin B3: 1.6mg (8.02%), Vitamin B6: 0.16mg (7.99%), Vitamin A: 393.1IU (7.86%), Potassium: 274.37mg (7.84%), Magnesium: 31.29mg (7.82%), Zinc: 0.88mg (5.85%), Vitamin B2: 0.07mg (3.92%), Vitamin B5: 0.34mg (3.38%), Vitamin C: 2.5mg (3.03%), Folate: 11.61µg (2.9%), Vitamin B1: 0.04mg

(2.64%), Iron: 0.38mg (2.09%), Copper: 0.04mg (1.84%), Manganese: 0.03mg (1.72%)