



Flounder Baked in Parchment Paper



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup cherry tomatoes thinly sliced
- ☐ 24 ounce sushi-grade yellowtail flounder
- ☐ 2 inch ginger fresh peeled thinly sliced
- ☐ 0.5 cup green onions thinly sliced
- ☐ 1 large optional: lemon thinly sliced
- ☐ 0.5 teaspoon salt

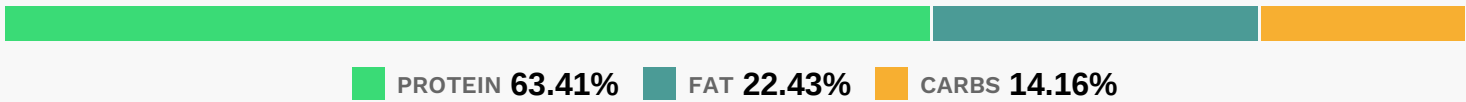
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Cut a (36-inch-long) piece of parchment paper. Fold in half crosswise; open.
- ☐ Place fillets, slightly overlapping, in the center of right half of paper.
- ☐ Sprinkle with salt and pepper. Top with ginger, lemon, tomatoes, and onions.
- ☐ Fold paper; seal edges with narrow folds. Slide packet onto a baking sheet; lightly coat packet with cooking spray.
- ☐ Bake at 425 for 15 minutes or until browned.
- ☐ Place on a platter; cut open.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:14.163478177527%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 137.36kcal (6.87%), Fat: 3.44g (5.29%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 3.57g (1.3%), Sugar: 1.49g (1.66%), Cholesterol: 76.54mg (25.51%), Sodium: 433.53mg (18.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.87g (43.74%), Selenium: 45.55µg (65.08%), Phosphorus: 444.19mg (44.42%), Vitamin B12: 1.92µg (32.03%), Vitamin D: 4.76µg (31.75%), Vitamin C: 21.08mg (25.55%), Vitamin K: 26.77µg (25.5%), Potassium: 400.76mg (11.45%), Vitamin B6: 0.22mg (10.83%), Vitamin B3: 1.99mg (9.94%), Magnesium: 38.68mg (9.67%), Vitamin E: 1.3mg (8.64%), Folate: 22.3µg (5.58%), Vitamin A: 278.46IU

(5.57%), Calcium: 55.08mg (5.51%), Fiber: 1.31g (5.25%), Manganese: 0.1mg (4.81%), Iron: 0.82mg (4.53%), Zinc: 0.65mg (4.33%), Vitamin B1: 0.06mg (4.19%), Vitamin B5: 0.41mg (4.08%), Copper: 0.08mg (3.82%), Vitamin B2: 0.05mg (3.23%)