



Flounder Fillets with Béarnaise Sauce

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon tarragon dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 24 ounce sushi-grade yellowtail flounder
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons butter light
- ☐ 2 tablespoons onion fresh minced
- ☐ 0.3 teaspoon pepper

☐ 0.3 teaspoon salt

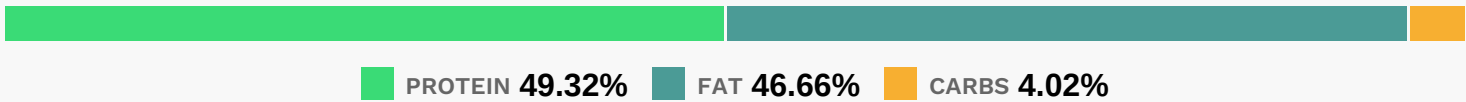
Equipment

☐ frying pan

Directions

- ☐ Sprinkle fillets with pepper.
- ☐ Heat a large nonstick skillet over medium– high heat. Coat fillets with cooking spray.
- ☐ Add 2 fillets to pan; cook 3 to 4 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove from pan, and keep warm. Repeat procedure with remaining fillets.
- ☐ Add wine, onion, garlic, and tarragon to pan; bring to a boil. Reduce heat to medium– high, and cook 5 to 7 minutes or until liquid evaporates. Reduce heat to low; add butter, parsley, and salt. Cook 2 minutes or until butter melts.
- ☐ Spoon sauce over fillets.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:0.39, Inflammation Score:–5, Nutrition Score:12.187826156616%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 200.59kcal (10.03%), Fat: 9.11g (14.01%), Saturated Fat: 4.36g (27.28%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.58g (0.57%), Sugar: 0.52g (0.57%), Cholesterol: 87.67mg (29.22%), Sodium: 289.47mg (12.59%), Alcohol: 3.09g (100%), Alcohol %: 1.8% (100%), Protein: 21.66g (43.32%), Selenium: 45.53µg (65.04%), Phosphorus: 441.77mg (44.18%), Vitamin D: 4.87µg (32.45%), Vitamin B12: 1.94µg (32.26%), Vitamin K: 17.43µg (16.6%), Vitamin B6: 0.21mg (10.27%), Potassium: 326mg (9.31%), Vitamin B3: 1.85mg (9.26%), Magnesium: 36.42mg (9.1%), Vitamin E: 1.25mg (8.32%), Vitamin A: 330.01IU (6.6%), Manganese: 0.12mg (5.79%), Calcium: 50.84mg (5.08%), Zinc: 0.65mg (4.31%), Iron: 0.68mg (3.78%), Vitamin B5: 0.34mg (3.45%), Vitamin B2: 0.05mg (3.09%), Vitamin B1: 0.05mg (3.03%), Folate: 12.11µg (3.03%), Vitamin C: 2.06mg (2.5%), Copper: 0.04mg (2.13%)