



Flounder Florentine

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 24 ounce sushi-grade yellowtail flounder
- ☐ 2 garlic cloves minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 4 ounces cream cheese light tub-style
- ☐ 2 tablespoons milk 1% low-fat
- ☐ 0.5 cup onion minced
- ☐ 3 tablespoons parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt

☐ 10 ounce pkt spinach frozen dry thawed drained chopped

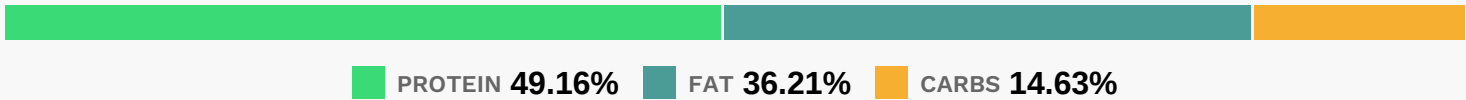
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add onion and garlic; saut 3 minutes or until tender.
- ☐ Add spinach, and cook 1 minute.
- ☐ Turn heat to low; add cream cheese and next 5 ingredients. Stir well; remove from heat.
- ☐ Divide spinach mixture among fillets, spreading evenly over each and leaving a 1/4-inch margin around edges.
- ☐ Roll up each fillet, jelly roll fashion, starting with tail end, and secure with wooden picks.
- ☐ Place fish in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 20 to 22 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve immediately.
- ☐ carbo rating: 5

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.61, Inflammation Score:-10, Nutrition Score:28.28000012688%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 225.28kcal (11.26%), Fat: 9.11g (14.01%), Saturated Fat: 4.03g (25.19%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 5.8g (2.11%), Sugar: 3.38g (3.76%), Cholesterol: 94.78mg (31.59%), Sodium: 501.44mg (21.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.82g (55.64%), Vitamin K: 264.56µg (251.97%), Vitamin A: 8594.5IU (171.89%), Selenium: 51.96µg (74.23%), Phosphorus: 548.69mg (54.87%), Vitamin B12: 2.27µg (37.89%), Vitamin D: 4.95µg (32.99%), Folate: 121µg (30.25%), Manganese: 0.6mg (29.77%), Calcium: 231.01mg (23.1%), Magnesium: 91.28mg (22.82%), Vitamin E: 3.24mg (21.59%), Potassium: 640.94mg (18.31%), Vitamin B6: 0.35mg (17.69%), Vitamin B2: 0.28mg (16.24%), Vitamin B3: 2.22mg (11.11%), Iron: 1.81mg (10.06%), Fiber: 2.48g (9.9%), Vitamin B1: 0.13mg (8.91%), Zinc: 1.29mg (8.62%), Copper: 0.16mg (7.95%), Vitamin C: 5.89mg (7.14%), Vitamin B5: 0.7mg (7%)