



Flounder Francese with Toasted Almonds, Lemon and Capers

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 3 tablespoons butter divided
- ☐ 3 tablespoons capers
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 large eggs
- ☐ 1 Handful flat-leaf parsley finely chopped
- ☐ 4 fillet flounder

- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 teaspoon ground nutmeg grated
- ☐ 1 tablespoon heavy cream
- ☐ 1 lemon zest juiced
- ☐ 4 tablespoons olive oil extra-virgin divided
- ☐ 4 servings salt and pepper
- ☐ 1 pound triple spinach washed coarsely chopped

Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Toast almonds over moderate heat and reserve.
- ☐ Preheat a large nonstick skillet over medium to medium high heat. Season the fish with salt and pepper. Beat eggs with cream.
- ☐ Add 2 tablespoons extra-virgin olive oil to the skillet, 2 turns of the pan then add 2 tablespoons butter, cut into small pieces. Dip the fish into the eggs and cook on both sides until just golden, 5 to 6 minutes total.
- ☐ Transfer fish to a plate and cover with loose a foil tent to retain heat.
- ☐ Add wine to the pan and reduce by half, 1 minute, then add 1 tablespoon butter and a handful of parsley to the pan. Stir in the lemon juice and zest and the capers. Turn off heat.
- ☐ Pour sauce over fish and top with sliced almonds.
- ☐ Return skillet to heat.
- ☐ Add remaining 2 tablespoons extra-virgin olive oil, 2 more turns of the pan.
- ☐ Add chopped garlic and let it speak by coming to a sizzle. Wilt in spinach, turning to coat in extra-virgin olive oil and season with salt, pepper and nutmeg.
- ☐ Serve spinach alongside flounder.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:0.87, Inflammation Score:-10, Nutrition Score:38.457826075347%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 15.16mg, Kaempferol: 15.16mg, Kaempferol: 15.16mg, Kaempferol: 15.16mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 14.92mg, Quercetin: 14.92mg, Quercetin: 14.92mg, Quercetin: 14.92mg

Nutrients (% of daily need)

Calories: 473.73kcal (23.69%), Fat: 34.14g (52.53%), Saturated Fat: 10.45g (65.34%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 4.02g (1.46%), Sugar: 1.42g (1.57%), Cholesterol: 242.81mg (80.94%), Sodium: 711.75mg (30.95%), Alcohol: 3.09g (100%), Alcohol %: 0.99% (100%), Protein: 30.78g (61.56%), Vitamin K: 575.3µg (547.9%), Vitamin A: 11303.05IU (226.06%), Selenium: 58.65µg (83.78%), Folate: 252.65µg (63.16%), Manganese: 1.25mg (62.67%), Phosphorus: 599.89mg (59.99%), Vitamin E: 7.6mg (50.65%), Vitamin C: 35.88mg (43.49%), Vitamin B12: 2.28µg (37.98%), Vitamin D: 5.57µg (37.13%), Magnesium: 147mg (36.75%), Vitamin B2: 0.51mg (30.15%), Potassium: 1043.01mg (29.8%), Iron: 4.62mg (25.66%), Vitamin B6: 0.5mg (24.98%), Calcium: 201.12mg (20.11%), Copper: 0.3mg (14.94%), Vitamin B3: 2.93mg (14.67%), Fiber: 3.65g (14.62%), Zinc: 1.92mg (12.78%), Vitamin B1: 0.16mg (10.78%), Vitamin B5: 1.04mg (10.44%)