



Flounder in Foil Pouches

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

108 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium carrots cut into thin strips
- ☐ 16 ounce sushi-grade yellowtail flounder
- ☐ 4 green onions cut into 1-inch pieces
- ☐ 4 slices optional: lemon thin
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon salt

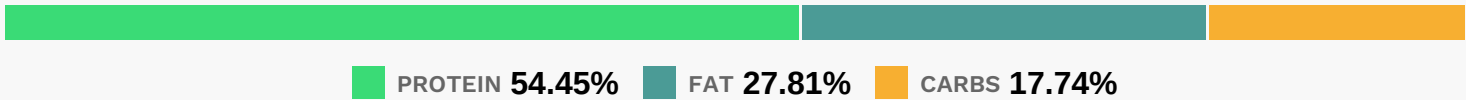
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Place green onions and carrot strips in a 2-cup glass measuring cup; cover with heavy-duty plastic wrap, and microwave at HIGH 3 minutes.
- ☐ Drain and set aside.
- ☐ Combine lemon juice, olive oil, and paprika in a small bowl; stir well.
- ☐ Cut 4 (15-inch) squares of aluminum foil.
- ☐ Place foil on a large baking sheet. Lightly coat squares with cooking spray.
- ☐ Place a fillet in center of each square; top fillets evenly with green onion mixture. Spoon lemon juice mixture evenly over fillets and green onion mixture; sprinkle with salt. Top each serving with a lemon slice. Fold foil over fillets and vegetables, and crimp edges to seal.
- ☐ Bake at 400 for 8 minutes.
- ☐ Transfer pouches to individual serving plates; cut an X in top of each pouch, and fold cut edges back.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:14.541304432827%

Flavonoids

Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 107.77kcal (5.39%), Fat: 3.33g (5.12%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.01g (2.23%), Cholesterol: 51.03mg (17.01%), Sodium: 260.44mg (11.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.67g (29.34%), Vitamin A: 5315.72IU (106.31%), Selenium: 30.31µg (43.29%), Phosphorus: 302.69mg (30.27%), Vitamin K: 29.68µg (28.27%), Vitamin B12: 1.28µg (21.36%), Vitamin D: 3.18µg (21.17%), Vitamin C: 9.22mg (11.17%), Potassium: 328.57mg (9.39%), Vitamin B6: 0.17mg (8.53%), Vitamin E: 1.18mg (7.85%), Vitamin B3: 1.57mg (7.83%), Magnesium: 27.48mg (6.87%), Fiber: 1.42g (5.67%), Folate: 20.73µg (5.18%), Calcium: 44.95mg (4.49%), Manganese: 0.08mg (4.18%), Vitamin B1: 0.06mg (3.72%), Zinc: 0.49mg (3.3%), Vitamin B5: 0.32mg (3.23%), Vitamin B2: 0.05mg (3.15%), Iron: 0.55mg (3.06%), Copper: 0.05mg (2.47%)