



Flounder in Grape Leaves From 'The Catch

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

READY IN



20 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon capers drained chopped
- 8 figs
- 24 ounce sushi-grade yellowtail flounder
- 2 small garlic clove minced
- 0.3 cup grape leaves plus more for the grape leaves
- 4 servings pepper black freshly ground
- 4 medium tomatillos

Equipment

bowl

grill

Directions

Light a grill. Grill the tomatoes over a hot fire, turning, until charred all over.

Let the tomatoes cool, then core and finely chop them.

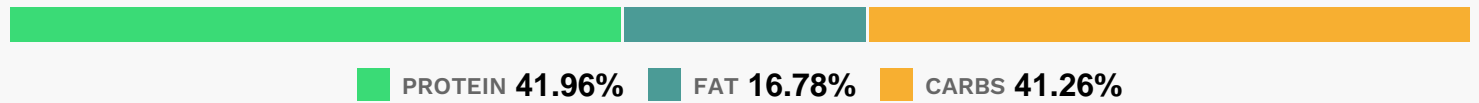
Put them in a medium bowl and stir in the garlic, capers, and 1/4 cup of olive oil. Season with salt and pepper.

Season the flounder with salt and pepper.

Spread the tomato mixture over the fillets and wrap each one in 2 large leaves, enclosing the tomato mixture. Rub the leaves generously with olive oil. Grill the flounder over a medium-hot fire until the leaves are crisp and the flounder just cooked, about 3 minutes on the first side and 2 minutes on the second side.

Serve right away.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:10.09, Inflammation Score:-6, Nutrition Score:15.339130152827%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 207.71kcal (10.39%), Fat: 3.98g (6.12%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 22g (7.33%), Net Carbohydrates: 18.23g (6.63%), Sugar: 17.72g (19.68%), Cholesterol: 76.54mg (25.51%), Sodium: 194.85mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.37g (44.74%), Selenium: 45.87µg (65.52%), Phosphorus: 459.35mg (45.94%), Vitamin B12: 1.92µg (32.03%), Vitamin D: 4.76µg (31.75%), Potassium: 605.8mg (17.31%), Vitamin B6: 0.32mg (16.08%), Fiber: 3.76g (15.05%), Vitamin B3: 2.84mg (14.22%), Magnesium: 56.45mg (14.11%), Manganese: 0.27mg (13.41%), Vitamin A: 481.14IU (9.62%), Vitamin K: 9.94µg (9.46%), Vitamin E: 1.35mg (8.99%),

Vitamin C: 6.63mg (8.04%), Calcium: 80.23mg (8.02%), Vitamin B1: 0.12mg (7.75%), Copper: 0.15mg (7.31%),
Vitamin B5: 0.68mg (6.79%), Vitamin B2: 0.1mg (6.1%), Iron: 0.98mg (5.44%), Zinc: 0.8mg (5.33%), Folate: 18.13µg
(4.53%)