



Flounder in Orange Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce sushi-grade yellowtail flounder (or orange roughy, cod, or perch)
- ☐ 0.3 cup green onions sliced (3 medium)
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 tablespoons orange juice
- ☐ 0.3 cup low-sugar orange marmalade

Equipment

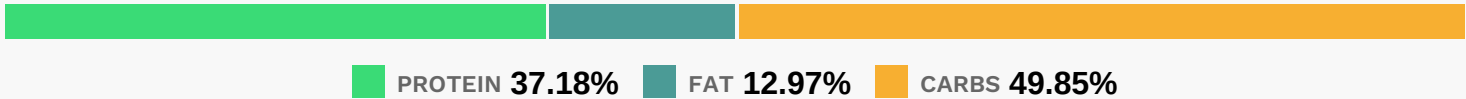
- ☐ sauce pan
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 3 ingredients in a small saucepan. Cook over medium heat until marmalade melts, stirring often.
- ☐ Remove from heat, and stir in green onions.
- ☐ Place fillets in a 13 x 9-inch baking dish coated with cooking spray. Spoon orange marmalade mixture evenly over fillets.
- ☐ Bake at 400 for 10 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.58, Inflammation Score:-3, Nutrition Score:8.8139129928921%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 151.89kcal (7.59%), Fat: 2.23g (3.43%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 18.83g (6.85%), Sugar: 16.91g (18.79%), Cholesterol: 51.03mg (17.01%), Sodium: 108.24mg (4.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.73%), Selenium: 30.45µg (43.5%), Phosphorus: 291.57mg (29.16%), Vitamin B12: 1.28µg (21.36%), Vitamin D: 3.18µg (21.17%), Vitamin K: 17.37µg (16.55%), Vitamin C: 7.1mg (8.6%), Potassium: 232.95mg (6.66%), Vitamin B3: 1.28mg (6.41%), Vitamin B6: 0.13mg (6.27%), Magnesium: 23.81mg (5.95%), Vitamin E: 0.78mg (5.2%), Calcium: 41.02mg (4.1%), Folate: 15.97µg (3.99%), Manganese: 0.08mg (3.87%), Vitamin A: 154.08IU (3.08%), Copper: 0.06mg (2.84%), Zinc: 0.41mg (2.77%), Vitamin B1: 0.04mg (2.57%), Vitamin B5: 0.24mg (2.37%), Vitamin B2: 0.04mg (2.28%), Iron: 0.41mg (2.27%), Fiber: 0.44g (1.75%)