



Flounder Milanese

 Dairy Free

READY IN



31 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.7 cup breadcrumbs dry
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 24 ounce sushi-grade yellowtail flounder
- ☐ 3 tablespoons parsley fresh minced
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 4 cups baby greens mixed
- ☐ 2 tablespoons olive oil divided
- ☐ 2 plum tomatoes diced
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.8 teaspoon salt divided
- ☐ 1 teaspoon citrus champagne vinegar

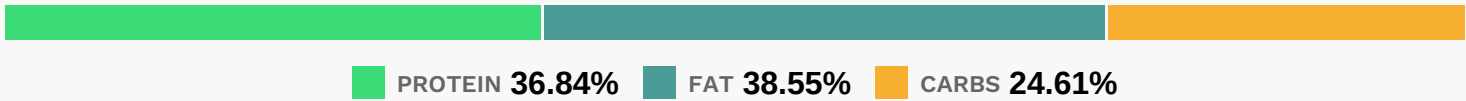
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine egg and egg white in a shallow bowl, stirring with a whisk.
- ☐ Combine breadcrumbs, 1/2 teaspoon salt, and 1/4 teaspoon pepper in another shallow bowl. Pat fillets dry. Dip fillets in egg, letting excess egg drip off. Lightly dredge fillets in breadcrumb mixture.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium heat.
- ☐ Add 2 fillets; cook 2 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Transfer fillets to a serving platter. Repeat procedure with 1 teaspoon olive oil and remaining fillets.
- ☐ Combine greens, tomato, and onion in a bowl.
- ☐ Combine remaining 1 tablespoon olive oil, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, lemon juice, vinegar, and mustard, stirring well with a whisk.
- ☐ Pour dressing over greens; toss to coat. Top fillets with greens mixture, and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:21.430000035659%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 297.34kcal (14.87%), Fat: 12.61g (19.4%), Saturated Fat: 2.36g (14.72%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 16.39g (5.96%), Sugar: 3.01g (3.35%), Cholesterol: 123.04mg (41.01%), Sodium: 758.64mg (32.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.12g (54.23%), Selenium: 55.76µg (79.66%), Vitamin K: 57.76µg (55.01%), Phosphorus: 516.38mg (51.64%), Vitamin B12: 2.1µg (35.06%), Vitamin D: 5.01µg (33.42%), Vitamin C: 20.46mg (24.8%), Vitamin A: 1091.42IU (21.83%), Manganese: 0.35mg (17.75%), Vitamin B3: 3.46mg (17.29%), Vitamin B1: 0.25mg (16.96%), Vitamin E: 2.43mg (16.2%), Folate: 62.62µg (15.65%), Potassium: 534.99mg (15.29%), Vitamin B6: 0.3mg (14.83%), Vitamin B2: 0.24mg (13.86%), Magnesium: 53.09mg (13.27%), Iron: 2.05mg (11.39%), Calcium: 95.42mg (9.54%), Zinc: 1.18mg (7.88%), Vitamin B5: 0.74mg (7.44%), Copper: 0.14mg (7.23%), Fiber: 1.72g (6.89%)