



Flounder Piccata with Spinach

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby spinach fresh
- ☐ 0.3 teaspoon pepper black divided
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon capers drained chopped
- ☐ 0.3 cup cooking wine dry white
- ☐ 24 ounce sushi-grade yellowtail flounder
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons olive oil

- ☐ 3.5 ounce boil-in-bag rice long-grain
- ☐ 0.5 teaspoon salt divided

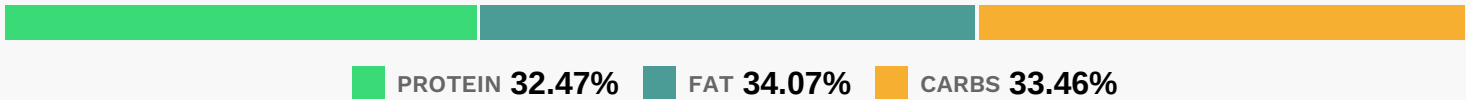
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Place rice in a medium bowl; stir in 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Sprinkle fish with remaining 1/4 teaspoon salt and remaining 1/8 teaspoon pepper. Dredge fish in flour.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add fish to pan; cook 1 1/2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Add wine, juice, and capers to pan; cook 1 minute.
- ☐ Add butter to pan, stirring until butter melts.
- ☐ Remove fish and sauce from pan; keep warm. Wipe pan clean with a paper towel.
- ☐ Add spinach to pan; saut 1 minute or until wilted.
- ☐ Place 1/2 cup rice onto each of 4 plates. Top each serving with about 1/3 cup spinach, 1 fillet, and 1 tablespoon sauce.

Nutrition Facts



Properties

Glycemic Index:66.3, Glycemic Load:14.24, Inflammation Score:-9, Nutrition Score:23.476956450421%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 316.85kcal (15.84%), Fat: 11.32g (17.41%), Saturated Fat: 4.7g (29.39%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 23.8g (8.65%), Sugar: 0.56g (0.62%), Cholesterol: 91.59mg (30.53%), Sodium: 555.01mg (24.13%), Alcohol: 2.06g (100%), Alcohol %: 0.97% (100%), Protein: 24.27g (48.53%), Vitamin K: 147.58µg (140.55%), Selenium: 50.69µg (72.42%), Vitamin A: 3048.06IU (60.96%), Phosphorus: 482.2mg (48.22%), Vitamin B12: 1.93µg (32.23%), Vitamin D: 4.76µg (31.75%), Manganese: 0.63mg (31.55%), Folate: 77.94µg (19.49%), Magnesium: 64.82mg (16.2%), Vitamin E: 2.19mg (14.6%), Potassium: 498.24mg (14.24%), Vitamin B6: 0.28mg (14.1%), Vitamin C: 11.42mg (13.84%), Vitamin B3: 2.65mg (13.25%), Iron: 1.61mg (8.96%), Calcium: 78.41mg (7.84%), Vitamin B2: 0.13mg (7.7%), Vitamin B1: 0.11mg (7.42%), Copper: 0.14mg (7.13%), Zinc: 1.04mg (6.95%), Vitamin B5: 0.63mg (6.31%), Fiber: 1.2g (4.81%)