



Flounder Poached in Fennel-Tomato Sauce



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small fennel bulb thinly sliced for garnish
- ☐ 0.8 teaspoon fennel seeds
- ☐ 16 ounce sushi-grade yellowtail flounder skinless
- ☐ 4 servings tarragon fresh coarsely chopped
- ☐ 4 servings pepper freshly ground
- ☐ 1.5 cups tomatoes with no sugar added store-bought
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon pepper red crushed

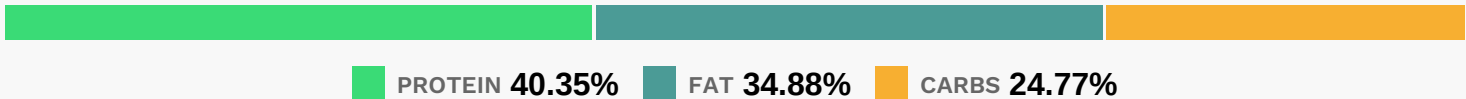
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ rolling pin
- ☐ mortar and pestle

Directions

- ☐ Coarsely grind fennel seeds and red pepperflakes in a spice mill or with a mortar andpestle. Alternatively, place in a resealablefreezer bag. Crush with a rolling pin or largeskillet. Set aside.
- ☐ Heat oil in a large skillet over medium–lowheat.
- ☐ Add sliced fennel, season with salt andpepper, and cook, stirring often, until soft,10–12 minutes.
- ☐ Add spices and cook, stirringoften, until spices are beginning to darken,about 1 minute.
- ☐ Add marinara sauce and 1/2 cup water toskillet; bring to a simmer and cook to meldflavors, about 5 minutes. Season with saltand pepper.
- ☐ Season fish with salt and pepper andfold fillets in thirds or in half to form packets.
- ☐ Place fillets in sauce. Cover skillet andreduce heat to medium–low. Cook until fishis opaque and beginning to flake, 12–15minutes.
- ☐ Divide fennel–tomato sauce and fishamong shallow bowls.
- ☐ Sprinkle tarragon andfennel fronds over.
- ☐ Per serving: 190 calories, 5 g fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:2.99, Inflammation Score:–6, Nutrition Score:15.536521828693%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 155.17kcal (7.76%), Fat: 6.22g (9.57%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 6.48g (2.36%), Sugar: 5.57g (6.19%), Cholesterol: 51.03mg (17.01%), Sodium: 559.83mg (24.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.39%), Selenium: 31.19µg (44.55%), Vitamin K: 41.76µg (39.77%), Phosphorus: 345.12mg (34.51%), Vitamin B12: 1.28µg (21.36%), Vitamin D: 3.18µg (21.17%), Potassium: 735.63mg (21.02%), Vitamin E: 2.91mg (19.37%), Manganese: 0.34mg (17.2%), Vitamin C: 14.03mg (17.01%), Fiber: 3.46g (13.85%), Vitamin B3: 2.58mg (12.92%), Vitamin B6: 0.26mg (12.81%), Magnesium: 49.32mg (12.33%), Vitamin A: 575.21IU (11.5%), Iron: 1.95mg (10.81%), Copper: 0.18mg (8.93%), Calcium: 81.9mg (8.19%), Folate: 32.51µg (8.13%), Vitamin B2: 0.12mg (6.86%), Vitamin B5: 0.63mg (6.31%), Zinc: 0.74mg (4.93%), Vitamin B1: 0.06mg (3.81%)