



WHATSheATE



Flounder, Red Pepper Cream, and Asparagus Risotto



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup alfredo pasta sauce store bought
- ☐ 1 pound asparagus trimmed cut into 1-inch lengths
- ☐ 32 ounce sushi-grade yellowtail flounder
- ☐ 4 servings basil fresh for garnish
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup roasted peppers red jarred
- ☐ 4 servings salt and pepper

☐ 5.5 ounce garden vegetable risotto mix recommended: Buitoni

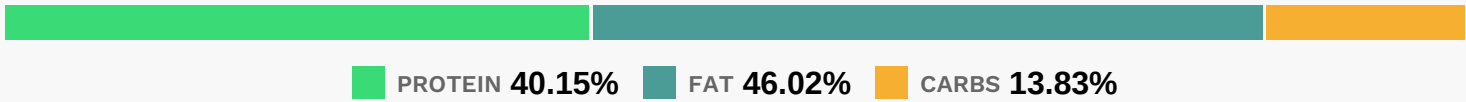
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Pour oil into a 13 by 9-inch baking dish. Arrange fish over oil, folding the ends under the middle to create little pockets.
- ☐ Sprinkle fish with salt and pepper. Roast for 5 minutes.
- ☐ Add asparagus to dish and roast for 5 to 7 minutes longer.
- ☐ Remove from oven and keep fish warm.
- ☐ Remove asparagus and reserve.
- ☐ Prepare risotto mix according to package directions, and add asparagus. Meanwhile, puree roasted peppers and alfredo sauce in a blender; transfer to a small saucepan and let simmer.
- ☐ Serve fish topped with sauce and accompanied by asparagus risotto.
- ☐ Garnish with fresh basil sprigs.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:2.32, Inflammation Score:-9, Nutrition Score:27.708260826443%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg

Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 327.67kcal (16.38%), Fat: 16.87g (25.95%), Saturated Fat: 4.6g (28.75%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 7.22g (2.63%), Sugar: 2.63g (2.93%), Cholesterol: 122.39mg (40.8%), Sodium: 846.23mg (36.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.1g (66.22%), Selenium: 63.15µg (90.22%), Phosphorus: 658.11mg (65.81%), Vitamin A: 3108.07IU (62.16%), Vitamin K: 59.91µg (57.06%), Vitamin B12: 2.56µg (42.71%), Vitamin D: 6.35µg (42.34%), Vitamin E: 3.73mg (24.89%), Vitamin C: 18.9mg (22.91%), Folate: 85.77µg (21.44%), Vitamin B3: 4.07mg (20.35%), Potassium: 706.14mg (20.18%), Vitamin B6: 0.4mg (19.86%), Iron: 3.45mg (19.16%), Manganese: 0.36mg (17.87%), Vitamin B1: 0.26mg (17.64%), Magnesium: 69.26mg (17.32%), Fiber: 4.18g (16.73%), Copper: 0.32mg (16.21%), Vitamin B2: 0.25mg (14.42%), Zinc: 1.56mg (10.41%), Calcium: 95.49mg (9.55%), Vitamin B5: 0.8mg (8.05%)