



Flounder Rolls with Cherry Tomatoes and Spinach

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



238 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 cup cherry tomatoes divided quartered
- ☐ 1.5 cups cooking wine dry white
- ☐ 36 ounce sushi-grade yellowtail flounder skinless
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 teaspoon garlic fresh minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon old bay seasoning

- ☐ 1.5 tablespoons olive oil divided
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 teaspoon salt divided
- ☐ 1 tablespoon shallots chopped
- ☐ 10 ounce pkt spinach fresh

Equipment

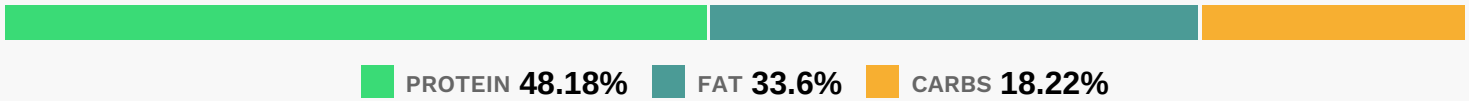
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ toothpicks
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 400
- ☐ Heat 1 teaspoon oil in a small skillet over medium-high heat.
- ☐ Add shallots; saut 3 minutes or until tender and lightly browned.
- ☐ Add garlic; saut 30 seconds. Spoon shallot mixture into a food processor.
- ☐ Add 1/2 cup tomatoes, parsley, juice, 1/4 teaspoon salt, 1/4 teaspoon pepper, and Old Bay seasoning; process just until combined. Spoon shallot mixture into a bowl; stir in panko.
- ☐ Place each fillet between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet. Spoon about 1 1/2 tablespoons shallot mixture on the small end of each fillet. Beginning with small end, roll up jelly-roll fashion; secure with toothpicks. Arrange rolls on a jelly-roll pan coated with cooking spray.
- ☐ Drizzle with 2 teaspoons oil; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Add remaining 1/2 cup tomatoes and wine to pan.
- ☐ Bake at 400 for 25 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

- ☐ Heat remaining 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Gradually add spinach; saut for 3 minutes or until spinach wilts.
- ☐ Remove from heat; sprinkle with remaining 1/8 teaspoon salt and remaining 1/8 teaspoon pepper.
- ☐ Remove fish and tomatoes from oven; discard wine.
- ☐ Serve fish and tomatoes over spinach.
- ☐ Wine note: Flounder's delicate flavor gets a sophisticated boost from the herbal-tart character of the spinach and tomatoes. It's just the sort of dish Italians love to marry with a bone-dry Italian white wine like vermentino. With hints of wild herbs and a crisp minerally tang, vermentino is perfectly balanced for a seafood dish like this. Try Antinori Vermentino. The 2005 is about \$ –Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:26.773043632507%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 238.49kcal (11.92%), Fat: 7.3g (11.23%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 7.29g (2.65%), Sugar: 1.98g (2.2%), Cholesterol: 76.54mg (25.51%), Sodium: 412.43mg (17.93%), Alcohol: 6.18g (100%), Alcohol %: 2.45% (100%), Protein: 23.54g (47.09%), Vitamin K: 254.59µg (242.47%), Vitamin A: 4723.96IU (94.48%), Selenium: 47.27µg (67.53%), Phosphorus: 481.14mg (48.11%), Vitamin B12: 1.94µg (32.33%), Vitamin D: 4.76µg (31.75%), Manganese: 0.63mg (31.66%), Folate: 113.1µg (28.27%), Vitamin C: 22.95mg (27.81%), Magnesium: 80.25mg (20.06%), Potassium: 665.31mg (19.01%), Vitamin E: 2.7mg (17.99%), Vitamin B6: 0.33mg (16.58%), Vitamin B3: 2.67mg (13.36%), Iron: 2.34mg (13.01%), Calcium: 105.16mg (10.52%), Vitamin B2: 0.16mg (9.49%), Vitamin B1: 0.14mg (9.29%), Copper: 0.14mg (6.82%), Zinc: 1.01mg (6.72%), Fiber: 1.61g (6.45%), Vitamin B5:

0.45mg (4.54%)