



Flounder with a Warm Sauce of Capers, Olives, and Tomatoes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings caper
- ☐ 4 servings garnishes: capers ripe
- ☐ 32 ounce sushi-grade yellowtail flounder
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil

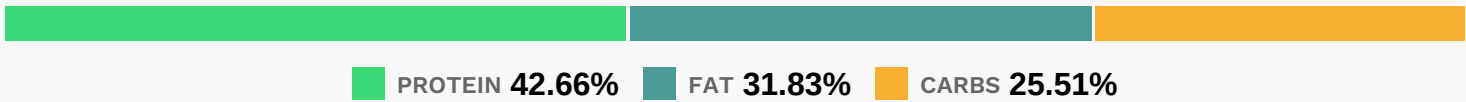
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Sprinkle fillets evenly with salt and pepper; dredge in flour.
- ☐ Saut fillets in hot oil in a large skillet 3 to 5 minutes on each side or until golden and fish flakes with a fork.
- ☐ Remove fish and drain on paper towels.
- ☐ Serve fish in a pool of warm Caper, Olive, and Tomato Sauce.
- ☐ Garnish with capers, lemon wedges, plum tomato wedges, and ripe olives.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:10.77, Inflammation Score:-7, Nutrition Score:21.283913094064%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 294.13kcal (14.71%), Fat: 10.36g (15.94%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 16.33g (5.94%), Sugar: 4.43g (4.92%), Cholesterol: 102.06mg (34.02%), Sodium: 1055.42mg (45.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.24g (62.49%), Selenium: 66.38µg (94.82%), Phosphorus: 622.03mg (62.2%), Vitamin B12: 2.56µg (42.71%), Vitamin D: 6.35µg (42.34%), Vitamin E: 3.65mg (24.35%), Vitamin B3: 4.5mg (22.5%), Potassium: 748.18mg (21.38%), Vitamin B6: 0.35mg (17.54%), Magnesium: 63.15mg (15.79%), Manganese: 0.3mg (15.12%), Vitamin B1: 0.2mg (13.51%), Vitamin K: 14.14µg (13.46%), Iron: 2.34mg (13.02%), Folate: 51.11µg (12.78%), Vitamin A: 606.86IU (12.14%), Vitamin B2: 0.2mg (11.93%), Vitamin C: 9.1mg (11.04%), Copper: 0.21mg (10.52%), Fiber: 2.35g (9.4%), Vitamin B5: 0.87mg (8.72%), Zinc: 1.11mg (7.39%), Calcium: 68.67mg (6.87%)