



## Flounder with Champagne Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup butter
- 2 tablespoons butter melted
- 1.5 cups champagne
- 4 ounces gruyere cheese shredded
- 2 egg yolks lightly beaten
- 1.5 pounds sushi-grade yellowtail flounder
- 0.3 cup flour all-purpose
- 1 pound mushrooms fresh sliced

- 1 teaspoon garlic minced
- 0.5 teaspoon ground pepper white divided
- 2 tablespoons juice of lemon
- 1 teaspoon salt divided
- 2 tablespoons shallots minced
- 1 cup whipping cream

## Equipment

- frying pan
- sauce pan
- oven
- baking pan
- cheesecloth

## Directions

- Sauté shallots and garlic in butter in a skillet over medium-high heat until tender.
- Add mushrooms; sauté until liquid evaporates. Stir in 1/4 teaspoon salt and black pepper. Arrange fillets in a greased 11- x 7- x 1 1/2-inch baking dish.
- Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon white pepper.
- Pour champagne and lemon juice over fillets. Cover and bake at 400 for 10 minutes.
- Drain, reserving liquid. Strain liquid through cheesecloth. Cook strained liquid in a saucepan over high heat until liquid is reduced to 1 cup.
- Melt 1/4 cup butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly.
- Add whipping cream; cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Stir in remaining 1/4 teaspoon salt and 1/4 teaspoon white pepper. Stir about one-fourth hot mixture into egg yolks; add to remaining hot mixture, stirring constantly.
- Spoon mushroom mixture over fillets; top with sauce, and sprinkle with cheese.
- Bake, uncovered, at 375 for 15 minutes or until thoroughly heated. Broil 5 1/2 inches from heat (with electric oven door partially opened) 2 minutes or until lightly browned.

Serve immediately.

## Nutrition Facts

**PROTEIN 20.53%** **FAT 70.66%** **CARBS 8.81%**

### Properties

Glycemic Index:54.33, Glycemic Load:3.74, Inflammation Score:-7, Nutrition Score:18.432608697725%

### Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 481.4kcal (24.07%), Fat: 36.31g (55.86%), Saturated Fat: 21.14g (132.1%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 9.09g (3.3%), Sugar: 3.85g (4.27%), Cholesterol: 209.92mg (69.97%), Sodium: 716.02mg (31.13%), Alcohol: 3.78g (100%), Alcohol %: 1.4% (100%), Protein: 23.74g (47.48%), Selenium: 49.24µg (70.35%), Phosphorus: 505.2mg (50.52%), Vitamin B2: 0.55mg (32.64%), Vitamin D: 4.4µg (29.32%), Vitamin B12: 1.72µg (28.61%), Vitamin A: 1250.33IU (25.01%), Vitamin B3: 4.33mg (21.67%), Calcium: 206.59mg (20.66%), Vitamin B5: 1.76mg (17.59%), Potassium: 561.1mg (16.03%), Copper: 0.3mg (14.97%), Vitamin B6: 0.27mg (13.63%), Zinc: 1.8mg (12.03%), Vitamin E: 1.72mg (11.5%), Folate: 45.56µg (11.39%), Magnesium: 44.15mg (11.04%), Vitamin B1: 0.16mg (10.41%), Iron: 1.38mg (7.69%), Manganese: 0.13mg (6.5%), Vitamin C: 4.22mg (5.11%), Fiber: 1.09g (4.37%), Vitamin K: 3.05µg (2.91%)