



Flounder with Corn and Tasso Maque Choux

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings ground pepper
- 24 ounce filets (with skin)
- 8 tablespoons beer (dark divided)
- 4 tablespoons wine (dry white divided)
- 4 small garlic clove (divided sliced)
- 8 slices lime (divided unpeeled thin)
- 4 slices cranberry-orange relish (divided unpeeled thin)
- 4.3 inch shallots (divided (rounds))
- 8 thyme sprigs (fresh divided)

4 tablespoons butter unsalted divided ()

Equipment

baking sheet

grill

aluminum foil

pie form

Directions

Line pie dish with large sheet of foil, leaving long overhang on 1 side. Separate rings of 1 shallot slice; scatter over foil. Top with 1 tablespoon butter, sliced garlic clove, 2 lime slices, and 1 orange slice.

Sprinkle 1 fillet on both sides with salt and cayenne. Arrange fillet, skin side down, atop seasonings in dish. Top fillet with 2 thyme sprigs. Spoon 2 tablespoons beer and 1 tablespoon wine around fillet. Fold long foil overhang over fillet to opposite edge of foil, pressing foil onto fillet. Fold foil edge over to seal on 3 sides, then fold again to double seal.

Transfer packet to baking sheet. Repeat with remaining seasonings and fillets.

Prepare barbecue (high heat). Arrange packets, sealed side up, on grill rack. Cook until fish feels slightly firm when pressed, about 10 minutes.

Serve with Corn and

Tasso Maque Choux.

Nutrition Facts

PROTEIN 46.07% **FAT 42.7%** **CARBS 11.23%**

Properties

Glycemic Index: 66.75, Glycemic Load: 2.07, Inflammation Score: -10, Nutrition Score: 16.731739168582%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 9.9mg, Hesperetin: 9.9mg, Hesperetin: 9.9mg, Hesperetin: 9.9mg Naringenin: 2.68mg,

Naringenin: 2.68mg, Naringenin: 2.68mg, Naringenin: 2.68mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 290.63kcal (14.53%), Fat: 12.94g (19.9%), Saturated Fat: 7.5g (46.86%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 5.95g (2.16%), Sugar: 2.15g (2.39%), Cholesterol: 103.24mg (34.41%), Sodium: 97.24mg (4.23%), Alcohol: 2.71g (100%), Alcohol %: 1.29% (100%), Protein: 31.4g (62.8%), Selenium: 57.4µg (82%), Phosphorus: 374.23mg (37.42%), Vitamin B6: 0.56mg (27.77%), Vitamin A: 1384IU (27.68%), Vitamin B12: 1.58µg (26.29%), Potassium: 837.73mg (23.94%), Vitamin C: 19.1mg (23.16%), Vitamin B3: 3.99mg (19.95%), Magnesium: 67.81mg (16.95%), Vitamin E: 2.07mg (13.8%), Vitamin D: 1.74µg (11.61%), Vitamin B1: 0.16mg (10.92%), Vitamin B2: 0.17mg (9.71%), Manganese: 0.18mg (9.15%), Iron: 1.38mg (7.68%), Fiber: 1.7g (6.81%), Zinc: 0.96mg (6.37%), Calcium: 60.83mg (6.08%), Folate: 23.62µg (5.91%), Copper: 0.1mg (4.86%), Vitamin B5: 0.39mg (3.94%), Vitamin K: 2.97µg (2.83%)