



Flounder with Corn and Tasso Maque Choux

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cayenne pepper
- ☐ 24 ounce john dory fillets with skin)
- ☐ 8 tablespoons beer dark divided
- ☐ 4 tablespoons cooking wine dry white divided
- ☐ 4 small garlic cloves divided sliced
- ☐ 8 slices lime divided unpeeled thin
- ☐ 4 slices cranberry-orange relish divided unpeeled thin
- ☐ 8 thyme sprigs fresh divided
- ☐ 4 tablespoons butter unsalted divided ()

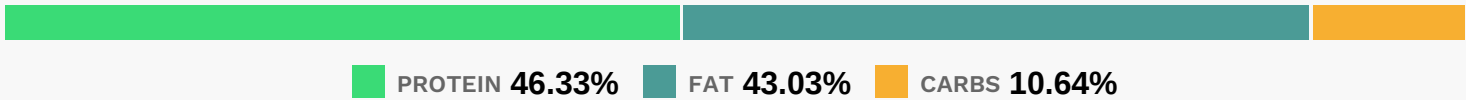
Equipment

- ☐ 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



Properties

Glycemic Index:59.25, Glycemic Load:1.96, Inflammation Score:-10, Nutrition Score:16.59869545439%

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 Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 288.69kcal (14.43%), Fat: 12.93g (19.9%), Saturated Fat: 7.5g (46.85%), Carbohydrates: 7.2g (2.4%), Net Carbohydrates: 5.59g (2.03%), Sugar: 1.93g (2.15%), Cholesterol: 103.24mg (34.41%), Sodium: 96.91mg (4.21%), Alcohol: 2.71g (100%), Alcohol %: 1.3% (100%), Protein: 31.33g (62.67%), Selenium: 57.37µg (81.95%), Phosphorus: 372.61mg (37.26%), Vitamin A: 1383.89IU (27.68%), Vitamin B6: 0.55mg (27.3%), Vitamin B12: 1.58µg (26.29%), Potassium: 828.72mg (23.68%), Vitamin C: 18.89mg (22.9%), Vitamin B3: 3.98mg (19.92%), Magnesium: 67.24mg (16.81%), Vitamin E: 2.07mg (13.79%), Vitamin D: 1.74µg (11.61%), Vitamin B1: 0.16mg (10.81%), Vitamin B2: 0.16mg (9.68%), Manganese: 0.18mg (8.76%), Iron: 1.35mg (7.5%), Fiber: 1.62g (6.46%), Zinc: 0.94mg (6.3%), Calcium: 59.84mg (5.98%), Folate: 22.71µg (5.68%), Copper: 0.09mg (4.74%), Vitamin B5: 0.39mg (3.86%), Vitamin K: 2.95µg (2.81%)