



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 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
- ☐ 4.3 inch thick shallot divided (rounds)
- ☐ 8 thyme sprigs fresh divided

☐

4 tablespoons butter unsalted divided ()

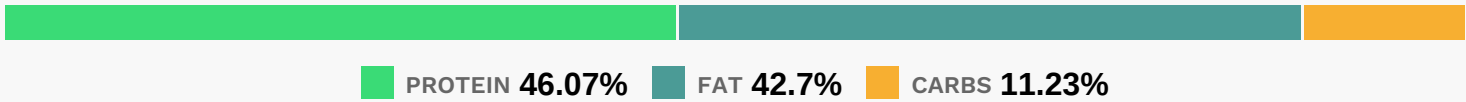
Equipment

- ☐ 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



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 Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 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%)