



Flounder with Curried Papaya Salsa

 Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



101 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon curry powder
- 24 ounce sushi-grade yellowtail flounder
- 1 tablespoon cilantro leaves fresh chopped
- 0.5 teaspoon gingerroot minced peeled
- 1.5 tablespoons juice of lime
- 1 cup papaya finely chopped (1 medium)
- 1 cup plum tomatoes seeded finely chopped (4 medium)
- 0.3 cup purple onion finely chopped

0.1 teaspoon salt

Equipment

bowl

oven

grill

broiler pan

Directions

Combine first 8 ingredients in a bowl, stirring well. Cover and chill at least 15 minutes.

Place fish on rack of a broiler pan coated with cooking spray. Broil 5 1/2 inches from heat (with electric oven door partially opened) 6 minutes or until fish flakes easily when tested with a fork. Or, coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).

Place fish on rack, and grill, covered, 3 minutes on each side or until fish flakes easily when tested with a fork. To serve, spoon papaya salsa over fish.

Nutrition Facts

PROTEIN 58.37% **FAT 21.2%** **CARBS 20.43%**

Properties

Glycemic Index:29.29, Glycemic Load:1.79, Inflammation Score:-6, Nutrition Score:10.119130445563%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 100.8kcal (5.04%), Fat: 2.36g (3.63%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.06g (1.48%), Sugar: 3.22g (3.57%), Cholesterol: 51.03mg (17.01%), Sodium: 144.62mg (6.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.27%), Selenium: 30.37µg (43.39%), Phosphorus:

300.69mg (30.07%), Vitamin C: 21.28mg (25.79%), Vitamin B12: 1.28µg (21.36%), Vitamin D: 3.18µg (21.17%), Vitamin A: 595.7IU (11.91%), Potassium: 335.1mg (9.57%), Vitamin B6: 0.16mg (8.16%), Magnesium: 31.13mg (7.78%), Vitamin B3: 1.52mg (7.59%), Vitamin E: 1.05mg (6.97%), Folate: 22.18µg (5.54%), Manganese: 0.09mg (4.37%), Fiber: 1.06g (4.23%), Vitamin K: 4.26µg (4.05%), Calcium: 35.38mg (3.54%), Vitamin B1: 0.05mg (3.29%), Zinc: 0.47mg (3.14%), Copper: 0.06mg (3.04%), Vitamin B5: 0.3mg (3.03%), Iron: 0.44mg (2.43%), Vitamin B2: 0.04mg (2.32%)