



## Flounder with Mandarin Orange Relish

 **Gluten Free**  **Dairy Free**

READY IN



**16 min.**

SERVINGS



**4**

CALORIES



**135 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon chili powder
- 16 ounce sushi-grade yellowtail flounder
- 3 tablespoons parsley dried fresh finely chopped
- 11 ounce mandarin oranges in syrup light canned
- 0.3 cup purple onion finely chopped
- 0.3 teaspoon salt
- 1.5 teaspoons honey
- 1.5 teaspoons honey

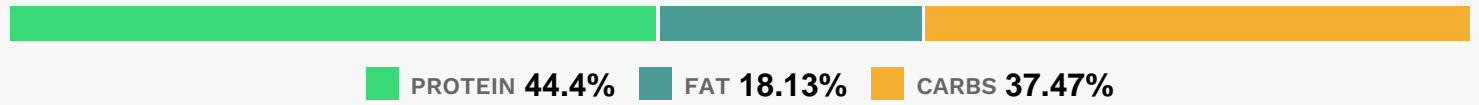
# Equipment

- oven
- broiler pan

# Directions

- Sprinkle chili powder and salt evenly over both sides of fillets.
- 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) 5 to 6 minutes or until fish flakes easily when tested with a fork.
- While fish broils, drain oranges, reserving 1 tablespoon juice. Coarsely chop orange segments.
- Combine orange, reserved juice, and remaining ingredients, stirring well. Top each fillet with 1/4 cup relish.

# Nutrition Facts



# Properties

Glycemic Index:17.25, Glycemic Load:3.97, Inflammation Score:-8, Nutrition Score:13.630000031513%

# Flavonoids

Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg Apigenin: 67.55mg, Apigenin: 67.55mg, Apigenin: 67.55mg, Apigenin: 67.55mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

# Nutrients (% of daily need)

Calories: 134.72kcal (6.74%), Fat: 2.81g (4.32%), Saturated Fat: 0.6g (3.78%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 10.39g (3.78%), Sugar: 8.94g (9.93%), Cholesterol: 51.03mg (17.01%), Sodium: 278.73mg (12.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.47g (30.94%), Selenium: 30.91µg (44.16%), Phosphorus: 316.8mg (31.68%), Vitamin C: 23.44mg (28.42%), Vitamin A: 1190.62IU (23.81%), Vitamin K: 22.66µg (21.58%), Vitamin B12: 1.28µg (21.36%), Vitamin D: 3.18µg (21.17%), Manganese: 0.24mg (12.04%), Vitamin B6: 0.24mg (11.97%), Vitamin E: 1.77mg (11.8%), Potassium: 404.73mg (11.56%), Fiber: 2.67g (10.68%), Magnesium: 39.75mg (9.94%),

Vitamin B3: 1.87mg (9.33%), Calcium: 78.75mg (7.87%), Vitamin B2: 0.11mg (6.35%), Folate: 23.3µg (5.83%), Iron: 1.02mg (5.67%), Vitamin B1: 0.08mg (5.51%), Copper: 0.09mg (4.5%), Vitamin B5: 0.42mg (4.24%), Zinc: 0.6mg (4.02%)