



Flounder with Peppers and Green Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



118 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 3 tablespoons cooking wine dry white
- ☐ 1 pound sushi-grade yellowtail flounder cut into 4 pieces
- ☐ 0.3 cup green onions sliced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon lime rind grated
- ☐ 2 teaspoons butter reduced-calorie
- ☐ 1 small bell pepper red cut into thin strips

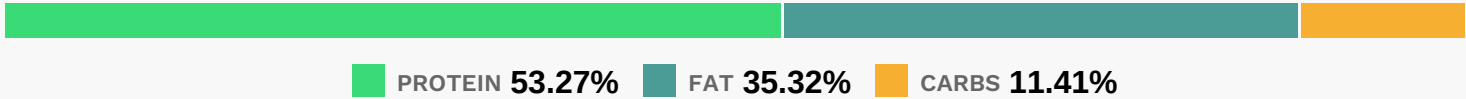
Equipment

☐ frying pan

Directions

- ☐ Melt margarine in a large nonstick skillet over medium-high heat.
- ☐ Add green onions, garlic, and pepper strips; cook 2 minutes, stirring often.
- ☐ Add fish, and cook 2 minutes on each side.
- ☐ Sprinkle wine, lime rind, and lime juice over fish. Cover, reduce heat, and simmer 3 minutes or until fish flakes easily when tested with a fork. Carefully remove fish to a serving platter; top with pepper mixture.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.53, Inflammation Score:-6, Nutrition Score:11.056087094805%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 117.87kcal (5.89%), Fat: 4.28g (6.59%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.22g (1.36%), Cholesterol: 51.03mg (17.01%), Sodium: 118.43mg (5.15%), Alcohol: 1.16g (100%), Alcohol %: 0.9% (100%), Protein: 14.54g (29.08%), Selenium: 30.43µg (43.47%), Vitamin C: 27.96mg (33.9%), Phosphorus: 299.26mg (29.93%), Vitamin B12: 1.28µg (21.4%), Vitamin D: 3.18µg (21.17%), Vitamin K: 18.38µg (17.51%), Vitamin A: 793.15IU (15.86%), Vitamin B6: 0.19mg (9.72%), Vitamin E: 1.15mg (7.65%), Potassium: 266.55mg (7.62%), Vitamin B3: 1.44mg (7.18%), Magnesium: 26.43mg (6.61%), Folate: 20.46µg (5.11%), Manganese: 0.09mg (4.27%), Calcium: 36.27mg (3.63%), Zinc: 0.48mg (3.17%), Vitamin B5: 0.3mg (2.99%), Vitamin B1: 0.04mg (2.99%), Vitamin B2: 0.05mg (2.95%), Fiber: 0.67g (2.67%), Iron: 0.47mg (2.59%), Copper: 0.04mg (1.9%)