



Flounder with Pimiento



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce sushi-grade yellowtail flounder white (or other fish fillets such as orange roughy, cod, or perch)
- ☐ 1 small optional: lemon
- ☐ 2 ounce pimientos diced drained
- ☐ 1 teaspoon extraspicy herb-and-spice blend salt-free (such as Mrs. Dash)

Equipment

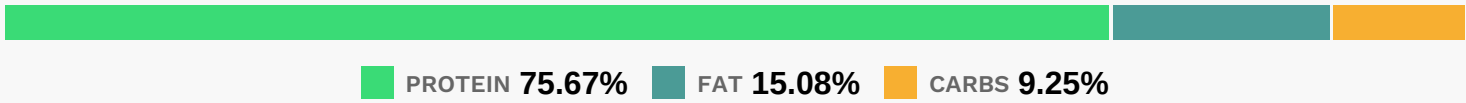
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Cut lemon in half. Squeeze juice from half of lemon (about 1 tablespoon) into a small bowl; set remaining lemon half aside.
- ☐ Add pimienta to juice, mixing well.
- ☐ Place fillets in an 11 x 7-inch baking dish coated with cooking spray. Coat fish with cooking spray; sprinkle with herb-and-spice blend.
- ☐ Spoon pimienta mixture evenly over fish.
- ☐ Bake, uncovered, at 425 for 12 minutes or until fish flakes easily when tested with a fork. While fish bakes, cut remaining lemon half into slices to serve with fish.
- ☐ Garnish with oregano sprigs, if desired.
- ☐ carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:18.580869778343%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 178.36kcal (8.92%), Fat: 3.08g (4.74%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.2g (1.33%), Cholesterol: 85.05mg (28.35%), Sodium: 91.71mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.75g (69.51%), Selenium: 71.29µg (101.85%), Vitamin B12: 2.69µg (44.79%), Vitamin C: 29.08mg (35.25%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.83mg (34.15%), Phosphorus: 298.29mg (29.83%), Vitamin B6: 0.35mg (17.37%), Potassium: 593.84mg (16.97%), Magnesium: 52.41mg (13.1%), Folate: 47.71µg (11.93%), Vitamin K: 11.49µg (10.94%), Iron: 1.86mg (10.33%), Vitamin B5: 0.89mg

(8.92%), Vitamin A: 403.24IU (8.06%), Copper: 0.15mg (7.69%), Vitamin B2: 0.13mg (7.61%), Manganese: 0.15mg (7.28%), Vitamin E: 1.07mg (7.1%), Fiber: 1.61g (6.42%), Vitamin B1: 0.09mg (5.71%), Calcium: 44.7mg (4.47%), Zinc: 0.64mg (4.29%)