



Flounder with Thai Scallion Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots diagonally sliced ()
- ☐ 0.5 teaspoon coriander seeds
- ☐ 24 ounce skinned flounder fillets
- ☐ 2 tablespoons gingerroot minced peeled
- ☐ 1 cup green onions sliced (2-inch)
- ☐ 3 inch lemon rind
- ☐ 0.3 cup shallots minced
- ☐ 3 regular-size oolong tea bags

- ☐ 4 servings thai scallion sauce
- ☐ 3 cups water boiling

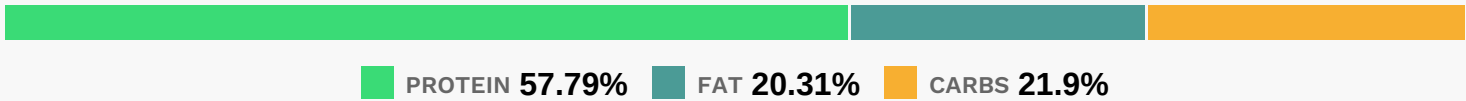
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Combine first 5 ingredients in a large bowl; let stand 1 hour.
- ☐ Roll up each flounder fillet jelly-roll fashion, and place in a large skillet.
- ☐ Add green onions, carrot, and shallots to skillet. Strain tea mixture through a sieve into skillet; bring to a boil. Reduce heat to medium-low, and simmer, uncovered, 8 minutes or until fish flakes easily when tested with a fork.
- ☐ Remove fish, green onions, and carrots from skillet with a slotted spoon, and place on a serving platter.
- ☐ Serve with Thai Scallion Sauce.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:2.08, Inflammation Score:-10, Nutrition Score:20.511304419974%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 155.62kcal (7.78%), Fat: 3.5g (5.38%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 6.09g (2.21%), Sugar: 3.44g (3.82%), Cholesterol: 76.54mg (25.51%), Sodium: 253.66mg (11.03%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.78%), Vitamin A: 5652.97IU (113.06%), Selenium: 45.8µg (65.43%), Vitamin K: 56.27µg (53.59%), Phosphorus: 460.48mg (46.05%), Vitamin B12: 1.93µg (32.11%), Vitamin D: 4.76µg (31.75%), Potassium: 516.56mg (14.76%), Vitamin B6: 0.29mg (14.5%), Vitamin C: 10.46mg (12.68%), Magnesium: 48.7mg (12.18%), Vitamin B3: 2.31mg (11.53%), Vitamin E: 1.44mg (9.6%), Fiber: 2.4g (9.58%), Folate: 36.76µg (9.19%), Manganese: 0.17mg (8.39%), Calcium: 80.39mg (8.04%), Copper: 0.12mg (6.07%), Iron: 1.03mg (5.75%), Vitamin B1: 0.08mg (5.59%), Zinc: 0.83mg (5.51%), Vitamin B5: 0.48mg (4.78%), Vitamin B2: 0.08mg (4.68%)