



Fresh Flounder Rolls

READY IN



30 min.

SERVINGS



12

CALORIES



284 kcal

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 lb filets fresh skinless
- ☐ 1 medium cucumber grated peeled seeded
- ☐ 1 Sprigs optional: dill fresh
- ☐ 1 eggs
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 6 oz yogurt plain yoplait® (from 2-lb container)
- ☐ 1 tablespoon spring onion chopped (1 medium)
- ☐ 12 hotdog buns split
- ☐ 1 slices optional: lemon

- ☐ 1 tablespoon juice of lemon
- ☐ 3 tablespoons mayonnaise
- ☐ 0.5 cup milk
- ☐ 1 cup panko bread crumbs
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil

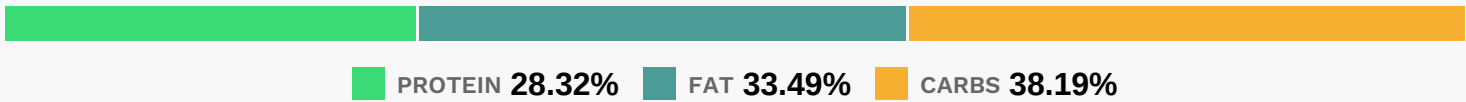
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In medium bowl, mix Cucumber Sauce ingredients. Cover and refrigerate until ready to serve.
- ☐ Cut fish fillets into 12 serving pieces. In pie plate or shallow pan, mix milk and egg. In another pie plate or shallow pan, mix bread crumbs and salt. Dip fillets into milk mixture; roll in bread crumbs. Shake off excess crumbs.
- ☐ In 12-inch skillet, heat oil over medium-high heat. Cook fish fillets in oil 10 to 12 minutes, turning once, until fish flakes easily with fork. Keep warm.
- ☐ Heat 10-inch skillet over medium heat.
- ☐ Brush melted butter on cut sides of buns.
- ☐ Place cut sides down in skillet; cook about 3 minutes or until toasted.
- ☐ Place buns on plates; fill each with fish fillet and about 3 tablespoons sauce.
- ☐ Serve with lemon slices and fresh dill.

Nutrition Facts



Properties

Glycemic Index:26.79, Glycemic Load:13.1, Inflammation Score:-4, Nutrition Score:12.824347910674%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 283.54kcal (14.18%), Fat: 10.38g (15.97%), Saturated Fat: 3.08g (19.22%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 25.48g (9.27%), Sugar: 4.88g (5.42%), Cholesterol: 55.7mg (18.57%), Sodium: 631.39mg (27.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.75g (39.49%), Selenium: 39.6µg (56.57%), Phosphorus: 240.9mg (24.09%), Vitamin B1: 0.35mg (23.63%), Vitamin B3: 3.71mg (18.53%), Vitamin B12: 0.94µg (15.64%), Manganese: 0.31mg (15.51%), Vitamin B2: 0.25mg (14.89%), Folate: 56.71µg (14.18%), Vitamin K: 14.79µg (14.09%), Potassium: 444.59mg (12.7%), Vitamin B6: 0.25mg (12.27%), Calcium: 118.35mg (11.83%), Iron: 2.13mg (11.81%), Magnesium: 41.86mg (10.47%), Vitamin E: 1.02mg (6.8%), Zinc: 0.94mg (6.24%), Vitamin D: 0.89µg (5.91%), Copper: 0.1mg (4.9%), Fiber: 1.14g (4.57%), Vitamin C: 2.9mg (3.52%), Vitamin B5: 0.34mg (3.45%), Vitamin A: 167.81IU (3.36%)