

Gingered Flounder



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon sesame oil dark
- ☐ 2 tablespoons cooking sherry dry
- ☐ 24 ounce sushi-grade yellowtail flounder
- ☐ 0.7 cup coarsely gingerroot grated peeled
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 teaspoons sugar

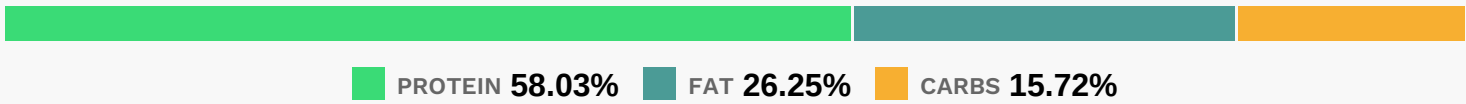
Equipment

- ☐ bowl
- ☐ broiler pan
- ☐ cheesecloth

Directions

- ☐ Place gingerroot on several layers of damp cheesecloth. Gather edges of cheesecloth together, and squeeze cheesecloth bag over a small bowl. Set aside 3 tablespoons ginger juice; reserve remaining ginger juice for another use.
- ☐ Combine 2 tablespoons ginger juice, soy sauce, sherry, lemon juice, and sugar in a shallow dish; add fish, turning to coat. Cover and marinate in refrigerator 20 minutes, turning fish occasionally.
- ☐ Remove fish from marinade; discard marinade.
- ☐ Place fish on broiler pan coated with cooking spray, and broil 3 minutes or until lightly browned (do not turn).
- ☐ Brush oil over fish, and broil an additional minute or until fish flakes easily when tested with a fork.
- ☐ Place fish on individual serving plates, and drizzle remaining tablespoon ginger juice over fish.

Nutrition Facts



Properties

Glycemic Index:25.02, Glycemic Load:1.8, Inflammation Score:-4, Nutrition Score:11.585217282824%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 160.77kcal (8.04%), Fat: 4.45g (6.85%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.6g (2.04%), Sugar: 2.57g (2.85%), Cholesterol: 76.54mg (25.51%), Sodium: 428.33mg (18.62%),

Alcohol: 0.77g (100%), Alcohol %: 0.46% (100%), Protein: 22.14g (44.28%), Selenium: 45.42µg (64.89%),
Phosphorus: 449.31mg (44.93%), Vitamin B12: 1.92µg (32.03%), Vitamin D: 4.76µg (31.75%), Magnesium: 44.22mg
(11.05%), Potassium: 379.81mg (10.85%), Vitamin B6: 0.21mg (10.61%), Vitamin B3: 2mg (9.98%), Vitamin E: 1.17mg
(7.81%), Manganese: 0.1mg (5.21%), Zinc: 0.67mg (4.5%), Vitamin C: 3.7mg (4.49%), Calcium: 41.83mg (4.18%),
Vitamin B5: 0.39mg (3.86%), Folate: 15.36µg (3.84%), Copper: 0.07mg (3.7%), Vitamin B2: 0.06mg (3.61%), Vitamin
B1: 0.05mg (3.12%), Iron: 0.54mg (2.99%), Fiber: 0.4g (1.59%), Vitamin A: 56.58IU (1.13%)