



Greek-Style Flounder



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 24 ounce sushi-grade yellowtail flounder
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 0.3 cup juice of lemon
- ☐ 1.5 teaspoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

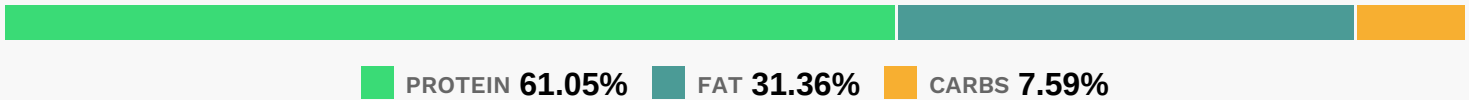
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 6 ingredients in a small bowl.
- ☐ Place fish in a 13- x 9-inch baking dish coated with cooking spray; pour lemon juice mixture over fish.
- ☐ Bake at 350 for 13 to 15 minutes or until fish flakes easily when tested with a fork.
- ☐ Sprinkle with parsley, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:13.944347609644%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 143.52kcal (7.18%), Fat: 4.87g (7.49%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.28g (0.83%), Sugar: 1.33g (1.48%), Cholesterol: 76.54mg (25.51%), Sodium: 286.5mg (12.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.32g (42.63%), Selenium: 45.29µg (64.7%), Vitamin K: 53.48µg (50.94%), Phosphorus: 433.58mg (43.36%), Vitamin B12: 1.92µg (32.03%), Vitamin D: 4.76µg (31.75%), Vitamin C: 9.9mg (12%), Vitamin E: 1.42mg (9.5%), Vitamin B3: 1.85mg (9.23%), Potassium: 318.38mg (9.1%), Vitamin B6:

0.18mg (9.09%), Magnesium: 35.21mg (8.8%), Vitamin A: 318.61IU (6.37%), Calcium: 50.76mg (5.08%), Folate: 17.31µg (4.33%), Iron: 0.75mg (4.15%), Zinc: 0.6mg (4.02%), Manganese: 0.07mg (3.58%), Vitamin B5: 0.35mg (3.52%), Vitamin B1: 0.04mg (2.97%), Vitamin B2: 0.04mg (2.47%), Copper: 0.04mg (2.24%), Fiber: 0.37g (1.49%)