



Haitian Flounder

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter
- ☐ 6 servings jasmine rice hot cooked
- ☐ 36 ounce sushi-grade yellowtail flounder
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 6 servings lime wedges

- ☐ 0.3 cup olive oil
- ☐ 1 small onion finely chopped
- ☐ 0.3 cup orange juice fresh
- ☐ 6 servings garnish: parsley fresh chopped
- ☐ 1 bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 serrano chile chopped
- ☐ 3 tomatoes seeded chopped

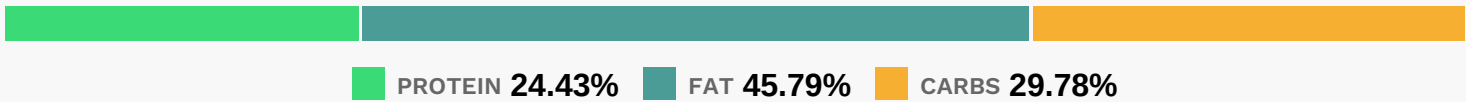
Equipment

- ☐ frying pan

Directions

- ☐ Place flounder fillets in a shallow dish.
- ☐ Sprinkle evenly with lime juice, 1/2 teaspoon salt, and 3 tablespoons chopped fresh parsley.
- ☐ Melt butter over medium-high heat in a skillet large enough to hold all fillets; add olive oil.
- ☐ Add garlic and next 3 ingredients. Saut 3 minutes or until soft.
- ☐ Add tomato, orange juice, remaining 1/2 teaspoon salt, and pepper; bring to a boil.
- ☐ Add fish fillets; reduce heat to medium, and simmer, uncovered, about 10 minutes or until fish flakes with a fork.
- ☐ Place fish on serving plates; spoon sauce evenly over fillets.
- ☐ Garnish, if desired.
- ☐ Serve with jasmine rice and lime wedges.

Nutrition Facts



Properties

Glycemic Index:77.67, Glycemic Load:25.95, Inflammation Score:-9, Nutrition Score:25.040869422581%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 2.75mg, Hesperetin: 2.75mg, Hesperetin: 2.75mg, Hesperetin: 2.75mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 402.59kcal (20.13%), Fat: 20.46g (31.48%), Saturated Fat: 6.96g (43.52%), Carbohydrates: 29.94g (9.98%), Net Carbohydrates: 27.91g (10.15%), Sugar: 4.39g (4.88%), Cholesterol: 96.88mg (32.29%), Sodium: 401.65mg (17.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.13%), Vitamin K: 110.86µg (105.58%), Selenium: 51.53µg (73.61%), Vitamin C: 52.85mg (64.06%), Phosphorus: 497.3mg (49.73%), Vitamin A: 1973.17IU (39.46%), Vitamin B12: 1.94µg (32.3%), Vitamin D: 4.76µg (31.75%), Manganese: 0.55mg (27.34%), Vitamin E: 3.34mg (22.29%), Vitamin B6: 0.39mg (19.66%), Potassium: 585.6mg (16.73%), Vitamin B3: 2.83mg (14.16%), Magnesium: 56.39mg (14.1%), Folate: 46.08µg (11.52%), Vitamin B5: 0.84mg (8.36%), Fiber: 2.03g (8.13%), Zinc: 1.21mg (8.05%), Copper: 0.15mg (7.71%), Vitamin B1: 0.11mg (7.66%), Calcium: 69.79mg (6.98%), Iron: 1.24mg (6.89%), Vitamin B2: 0.09mg (5.45%)