



Herb Flounder With Lemon Vinaigrette



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 6 servings lemon vinaigrette
- ☐ 2 lemons thinly sliced

- ☐ 1 teaspoon salt
- ☐ 2 pounds tilapia fillets

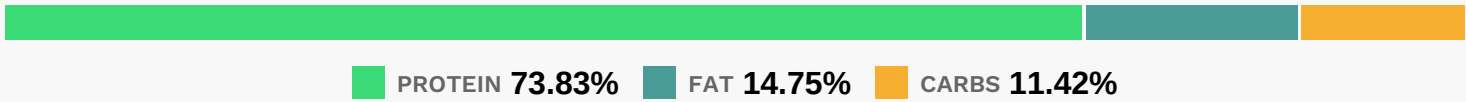
Equipment

- ☐ broiler pan

Directions

- ☐ Combine first 6 ingredients; sprinkle evenly over both sides of fillets. Arrange fish on a lightly greased rack in a broiler pan.
- ☐ Sprinkle evenly with garlic. Arrange lemon slices over fish.
- ☐ Broil 6 inches from heat 10 to 12 minutes or until fish flakes with a fork.
- ☐ Drizzle with Lemon Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:16.094782720441%

Flavonoids

Eriodictyol: 9.18mg, Eriodictyol: 9.18mg, Eriodictyol: 9.18mg, Eriodictyol: 9.18mg Hesperetin: 12mg, Hesperetin: 12mg, Hesperetin: 12mg, Hesperetin: 12mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 161.11kcal (8.06%), Fat: 2.75g (4.23%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 3.33g (1.21%), Sugar: 1.1g (1.22%), Cholesterol: 75.6mg (25.2%), Sodium: 467.55mg (20.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31g (61.99%), Selenium: 63.55µg (90.79%), Vitamin B12: 2.39µg (39.82%), Vitamin D: 4.69µg (31.25%), Vitamin B3: 5.98mg (29.89%), Vitamin C: 23.26mg (28.19%), Phosphorus: 267.02mg (26.7%), Potassium: 532.05mg (15.2%), Vitamin B6: 0.3mg (14.91%), Magnesium: 46.81mg (11.7%), Folate: 42.22µg (10.55%), Iron: 1.52mg (8.47%), Vitamin B5: 0.83mg (8.3%), Vitamin K: 8.46µg (8.06%), Manganese: 0.16mg (8.02%), Copper: 0.14mg (7.12%), Vitamin B2: 0.11mg (6.42%), Fiber: 1.46g (5.85%), Vitamin B1: 0.08mg (5.53%), Vitamin E: 0.73mg (4.86%), Zinc: 0.57mg (3.77%), Calcium: 37.05mg (3.7%), Vitamin A: 54.14IU (1.08%)