



Italian Style Flounder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tablespoon butter
- ☐ 2 teaspoons basil dried
- ☐ 2 pounds sushi-grade yellowtail flounder
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon juice of lemon
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup tomatoes fresh diced

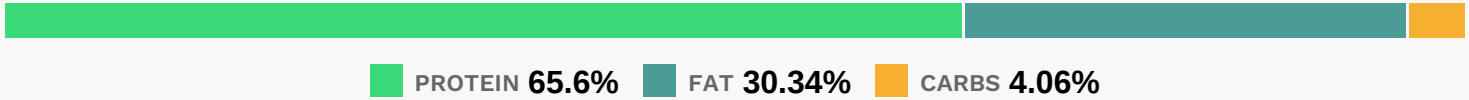
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Arrange flounder in a medium baking dish. Dot with butter, season with salt and pepper, and sprinkle with lemon juice. Top with tomato, basil, and garlic powder.
- ☐ Cover, and bake 30 minutes in the preheated oven, or until fish is easily flaked with a fork.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:15.419130242389%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 179.13kcal (8.96%), Fat: 5.87g (9.03%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.28g (0.46%), Sugar: 0.61g (0.68%), Cholesterol: 105.82mg (35.27%), Sodium: 390.55mg (16.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.55g (57.11%), Selenium: 60.54µg (86.49%), Phosphorus: 581.19mg (58.12%), Vitamin B12: 2.57µg (42.76%), Vitamin D: 6.35µg (42.34%), Vitamin B6: 0.26mg (12.9%), Vitamin B3: 2.5mg (12.52%), Potassium: 433.44mg (12.38%), Magnesium: 47.27mg (11.82%), Vitamin E: 1.63mg (10.89%), Vitamin K: 10.4µg (9.9%), Calcium: 62.05mg (6.2%), Vitamin A: 277.67IU (5.55%), Manganese: 0.11mg (5.51%), Zinc: 0.82mg (5.46%), Iron: 0.95mg (5.3%), Vitamin C: 4.02mg (4.87%), Vitamin B5: 0.45mg (4.53%), Folate: 16.84µg (4.21%), Vitamin B1: 0.06mg (4.1%), Copper: 0.07mg (3.47%), Vitamin B2: 0.06mg (3.36%), Fiber: 0.49g (1.96%)