



WHATSheATE



Lemon-Dijon Fish Fillets



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



100 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons dijon mustard
- ☐ 16 ounce sushi-grade yellowtail flounder
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons mayonnaise reduced-fat

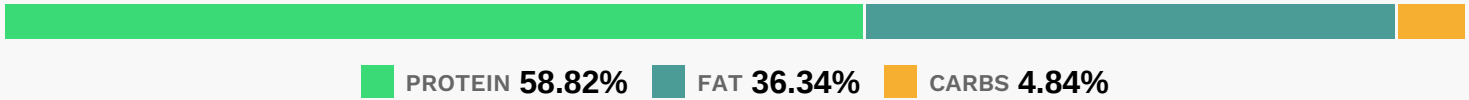
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place fillets in an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray; brush fish with lemon juice.
- ☐ Bake at 400 for 12 minutes.
- ☐ While fish bakes, combine chives, mayonnaise, and mustard, stirring well.
- ☐ Spread mayonnaise mixture evenly over fish.
- ☐ Bake 3 additional minutes or until fish flakes easily when tested with a fork.
- ☐ Garnish with lemon slices, if desired.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:7.834782657416%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 100.47kcal (5.02%), Fat: 3.95g (6.08%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.42g (0.47%), Cholesterol: 52.15mg (17.38%), Sodium: 211.69mg (9.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.77%), Selenium: 32.27µg (46.11%), Phosphorus: 293.96mg (29.4%), Vitamin B12: 1.28µg (21.36%), Vitamin D: 3.18µg (21.17%), Vitamin K: 7.15µg (6.81%), Vitamin B3: 1.22mg (6.12%), Magnesium: 24.03mg (6.01%), Vitamin E: 0.89mg (5.96%), Vitamin B6: 0.12mg (5.92%), Potassium: 199.06mg (5.69%), Calcium: 29.31mg (2.93%), Zinc: 0.41mg (2.76%), Vitamin B1: 0.04mg (2.53%), Vitamin B5: 0.24mg (2.39%), Manganese: 0.05mg (2.29%), Vitamin C: 1.86mg (2.26%), Vitamin A: 111.76IU (2.24%), Folate: 8.42µg (2.1%), Iron: 0.33mg (1.83%), Vitamin B2: 0.03mg (1.68%), Copper: 0.03mg (1.49%), Fiber: 0.29g (1.15%)