



WHATSheATE



HEALTH SCORE

52%

Lemon-Garlic Broiled Flounder with Spinach



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 oz sushi-grade yellowtail flounder
- ☐ 20 oz pkt spinach frozen
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons juice of lemon
- ☐ 1 of lemon zest
- ☐ 0.3 cup olive oil
- ☐ 1 small onion chopped
- ☐ 4 servings salt and pepper

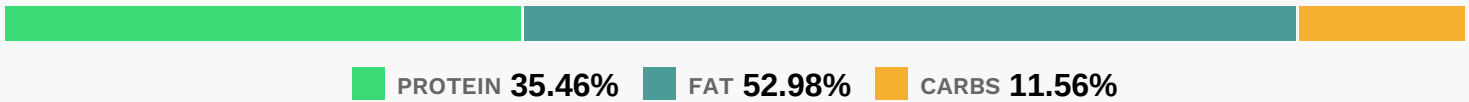
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler to high, line a broiling pan with foil and set rack 2 inches from heat. In a small bowl, combine 3 Tbsp. olive oil, lemon juice and garlic; season with salt and pepper.
- ☐ Warm remaining oil in a skillet over medium-high heat. Saut onion until softened, 3 minutes.
- ☐ Add frozen spinach, cover and cook until thawed, about 8 minutes. Uncover, season with salt and pepper and drizzle with 1/2 of flavored olive oil. Cook for 4 minutes to simmer off excess liquid.
- ☐ Remove from heat, cover and keep warm.
- ☐ Lightly mist foil-lined broiling pan with cooking spray. Arrange flounder fillets on top and season with salt and pepper.
- ☐ Drizzle remaining flavored oil over fish and broil, undisturbed, until opaque and lightly browned, about 6 minutes.
- ☐ Divide spinach among 4 plates.
- ☐ Place fish on spinach bed and serve hot, topped with lemon zest, if desired.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.5, Inflammation Score:-10, Nutrition Score:33.659130614737%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg,

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 290.52kcal (14.53%), Fat: 17.63g (27.13%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 4.17g (1.52%), Sugar: 1.88g (2.09%), Cholesterol: 76.54mg (25.51%), Sodium: 437.78mg (19.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.56g (53.11%), Vitamin K: 535.69µg (510.18%), Vitamin A: 16678.52IU (333.57%), Selenium: 54.06µg (77.23%), Folate: 218.94µg (54.74%), Manganese: 1.07mg (53.54%), Phosphorus: 506.1mg (50.61%), Vitamin E: 7.14mg (47.62%), Magnesium: 139.55mg (34.89%), Vitamin B12: 1.92µg (32.03%), Vitamin D: 4.76µg (31.75%), Potassium: 802.47mg (22.93%), Vitamin B6: 0.45mg (22.7%), Calcium: 226.35mg (22.64%), Vitamin B2: 0.36mg (21.13%), Fiber: 4.49g (17.95%), Iron: 3.13mg (17.4%), Vitamin C: 12.78mg (15.5%), Vitamin B3: 2.53mg (12.63%), Copper: 0.25mg (12.47%), Vitamin B1: 0.18mg (12.24%), Zinc: 1.39mg (9.27%), Vitamin B5: 0.49mg (4.89%)