



Pan-Fried Flounder

READY IN



15 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter divided
- 1 small bottle capers
- 4 fillet flounder- skinless
- 4 servings flour for dredging fish
- 1 juice of lemon juiced
- 4 servings salt and pepper to taste
- 2 tablespoons vegetable oil

Equipment

frying pan

whisk

Directions

Wash fillets in cold water and pat dry.

Sprinkle with salt and pepper. Dredge fillets in flour.

Place oil and 2 tablespoons butter in flat, heavy-bottomed skillet and heat on medium-high until butter melts. Keeping heat at medium-high, cook fish on 1 side about 3 minutes (more or less, depending on size of fillets), until deep brown and crispy. Turn fish and cook on second side, about 3 minutes. Turn fish only once.

Remove fish to serving platter. Turn off heat. Into hot skillet, whisk in remaining 1 tablespoon butter.

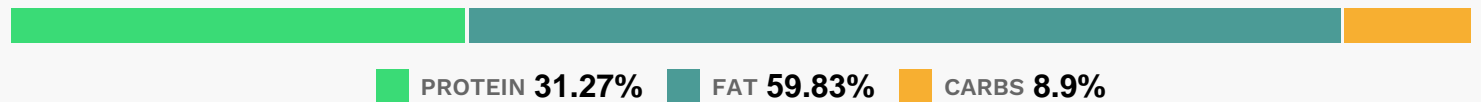
Add lemon juice.

Pour in capers, liquid and all.

Whisk.

Pour thin sauce over fish fillets. serve at once.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:4.14, Inflammation Score:-4, Nutrition Score:12.509130506412%

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 Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 283.4kcal (14.17%), Fat: 18.69g (28.75%), Saturated Fat: 7.2g (44.99%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 6.03g (2.19%), Sugar: 0.22g (0.24%), Cholesterol: 99.07mg (33.03%), Sodium: 406.15mg (17.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.98g (43.95%), Selenium: 47.88µg (68.4%), Phosphorus: 439.64mg (43.96%), Vitamin B12: 1.94µg (32.31%), Vitamin D: 4.76µg (31.73%), Vitamin K: 13.49µg (12.85%), Vitamin

E: 1.89mg (12.59%), Vitamin B3: 2.22mg (11.12%), Vitamin B6: 0.17mg (8.69%), Potassium: 290.41mg (8.3%), Magnesium: 33mg (8.25%), Vitamin B1: 0.1mg (6.58%), Vitamin A: 319.29IU (6.39%), Folate: 24.1µg (6.02%), Vitamin B2: 0.08mg (4.48%), Zinc: 0.61mg (4.07%), Calcium: 40.01mg (4%), Manganese: 0.08mg (3.83%), Iron: 0.67mg (3.72%), Vitamin B5: 0.37mg (3.69%), Vitamin C: 2.91mg (3.53%), Copper: 0.05mg (2.27%)