



Pan-Fried Flounder

 Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.3 cup chives chopped
- ☐ 1 large egg white lightly beaten
- ☐ 2 large eggs lightly beaten
- ☐ 24 ounce sushi-grade yellowtail flounder
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon hot sauce
- ☐ 4 servings lemon wedges

- ☐ 1 tablespoon olive oil
- ☐ 0.8 teaspoon salt divided

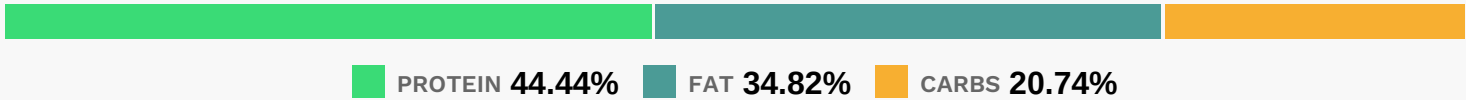
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle fillets with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Combine 1/4 teaspoon salt, 1/4 teaspoon pepper, egg, egg white, chives, and hot sauce in a shallow dish.
- ☐ Place flour in a separate shallow dish.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Dredge 2 fillets in flour, shaking off any excess; dip into egg mixture, coating both sides. Immediately place fillets in pan; cook 2 minutes on each side or until golden and fish flakes easily when tested with a fork. Repeat with remaining oil, fillets, flour, and egg mixture.
- ☐ Serve immediately with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:8.69, Inflammation Score:-4, Nutrition Score:15.889130509418%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 248.7kcal (12.44%), Fat: 9.36g (14.4%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 12.54g (4.18%), Net Carbohydrates: 11.96g (4.35%), Sugar: 0.28g (0.31%), Cholesterol: 169.54mg (56.51%), Sodium: 649.96mg (28.26%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.88g (53.76%), Selenium: 59.91µg (85.58%), Phosphorus: 498.37mg (49.84%), Vitamin B12: 2.15µg (35.87%), Vitamin D: 5.26µg (35.08%), Vitamin B2: 0.27mg (15.65%), Vitamin B3: 2.74mg (13.71%), Folate: 52.02µg (13%), Vitamin E: 1.86mg (12.39%), Vitamin B1: 0.17mg (11.56%), Vitamin B6: 0.22mg (11.15%), Potassium: 350.49mg (10.01%), Magnesium: 39.58mg (9.9%), Manganese: 0.18mg (9.07%), Iron: 1.57mg (8.74%), Vitamin B5: 0.8mg (7.97%), Vitamin K: 8.16µg (7.77%), Zinc: 1mg (6.66%), Vitamin A: 303.16IU (6.06%), Calcium: 56.69mg (5.67%), Copper: 0.08mg (4.15%), Vitamin C: 2.73mg (3.31%), Fiber: 0.58g (2.31%)