



HEALTH SCORE

54%

## Pan-Fried Flounder with Potatoes in Parsley

READY IN



45 min.

SERVINGS



4

CALORIES



1107 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 9 tablespoons butter
- ☐ 4 servings optional: dill
- ☐ 1.8 pounds fingerling potatoes
- ☐ 4 sushi-grade yellowtail flounder whole
- ☐ 0.3 cup parsley fresh minced
- ☐ 1 optional: lemon sliced
- ☐ 1 cup rye flour all-purpose
- ☐ 4 servings salt and pepper

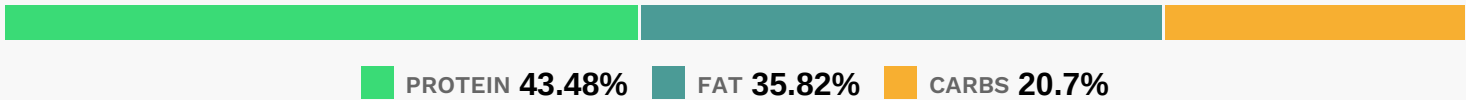
# Equipment

- ☐ frying pan
- ☐ pot

# Directions

- ☐ Boil the potatoes in a large pot of salted water until tender, then drain. Once they are cool enough to handle, peel them.
- ☐ Rinse the fish in cold water, then coat each one in the flour, patting off the excess. Melt 5 tablespoons of the butter in a skillet and pan-fry the fish for 5 minutes on each side, or until crisp and golden. Keep the cooked fish warm while you cook the remainder.
- ☐ Melt the remaining butter in a casserole.
- ☐ Add the peeled potatoes and let them sauté a little before adding the parsley. Season with salt and pepper.
- ☐ Serve immediately with the potatoes, sliced lemon, and dill sprigs.
- ☐ From The Scandinavian Cookbook by Trina Hahnemann. Text copyright © 2008 by Trina Hahnemann; photography © 2008 by Lars Ranek. This edition published in 2009 by Andrews McMeel Publishing, LLC.

# Nutrition Facts



# Properties

Glycemic Index:51.56, Glycemic Load:25.87, Inflammation Score:-9, Nutrition Score:50.29260817818%

# Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

# Nutrients (% of daily need)

Calories: 1106.88kcal (55.34%), Fat: 43.59g (67.07%), Saturated Fat: 20.27g (126.71%), Carbohydrates: 56.68g (18.89%), Net Carbohydrates: 48.43g (17.61%), Sugar: 2.55g (2.84%), Cholesterol: 472.73mg (157.57%), Sodium: 1140.45mg (49.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 119.06g (238.13%), Selenium: 244.09µg (348.71%), Phosphorus: 2452.61mg (245.26%), Vitamin B12: 10.22µg (170.39%), Vitamin D: 25.2µg (168%), Vitamin B6: 1.56mg (78.09%), Vitamin C: 58.48mg (70.88%), Potassium: 2437.2mg (69.63%), Vitamin K: 69.88µg (66.55%), Vitamin B3: 11.98mg (59.91%), Magnesium: 228.43mg (57.11%), Manganese: 1.06mg (53.03%), Vitamin E: 6.85mg (45.69%), Fiber: 8.26g (33.03%), Vitamin B1: 0.45mg (29.71%), Vitamin A: 1417.71IU (28.35%), Zinc: 4.09mg (27.3%), Vitamin B5: 2.48mg (24.79%), Copper: 0.49mg (24.28%), Calcium: 239.02mg (23.9%), Folate: 95.19µg (23.8%), Iron: 4.22mg (23.47%), Vitamin B2: 0.29mg (17.21%)