



Pecan-Crusted Flounder

READY IN



23 min.

SERVINGS



4

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon creole seasoning salt-free
- 16 ounce sushi-grade yellowtail flounder
- 0.5 teaspoon juice of lemon
- 2 tablespoons nonfat mayonnaise
- 3 tablespoons pecans chopped
- 0.3 teaspoon salt
- 1 slice bread whole wheat

Equipment

- food processor
- bowl
- baking sheet
- oven
- knife

Directions

- Position knife blade in food processor bowl; add first 4 ingredients. Process until mixture resembles crumbs. Set aside.
- Place fish on a baking sheet coated with cooking spray.
- Combine mayonnaise and lemon juice.
- Brush mayonnaise mixture over top of fish.
- Sprinkle fish evenly with crumb mixture, and coat lightly with cooking spray.
- Bake at 450 for 15 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts

PROTEIN 39.8% **FAT 46.32%** **CARBS 13.88%**

Properties

Glycemic Index:27.92, Glycemic Load:1.89, Inflammation Score:-4, Nutrition Score:10.228260750356%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 156.59kcal (7.83%), Fat: 8.11g (12.48%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 4.06g (1.48%), Sugar: 1.39g (1.55%), Cholesterol: 51.66mg (17.22%), Sodium: 324.01mg (14.09%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.37%), Selenium: 32.32µg (46.17%), Phosphorus: 323.24mg (32.32%), Manganese: 0.51mg (25.74%), Vitamin B12: 1.28µg (21.36%), Vitamin D: 3.18µg (21.17%), Magnesium: 35.82mg (8.95%), Vitamin B3: 1.62mg (8.11%), Vitamin B6: 0.15mg (7.73%), Potassium: 243.86mg (6.97%), Vitamin B1: 0.1mg (6.91%), Vitamin E: 1.01mg (6.73%), Copper: 0.13mg (6.54%), Fiber: 1.41g (5.64%), Zinc: 0.84mg (5.62%), Vitamin A: 249.92IU (5%), Calcium: 41.76mg (4.18%), Iron: 0.62mg (3.46%), Vitamin B5: 0.32mg (3.23%), Vitamin B2: 0.05mg (2.92%), Vitamin K: 3.05µg (2.91%), Folate: 10.91µg (2.73%)