



Sautéed Flounder and Spicy Rémoulade

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 teaspoon capers chopped
- ☐ 1 tablespoon cornichons chopped
- ☐ 24 ounce sushi-grade yellowtail flounder
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 tablespoons flat-leaf parsley fresh divided chopped
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.3 cup canola mayonnaise
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 0.8 cup orzo pasta uncooked
- ☐ 2 teaspoons sriracha (such Huy Fong)
- ☐ 2 teaspoons whole-grain dijon mustard

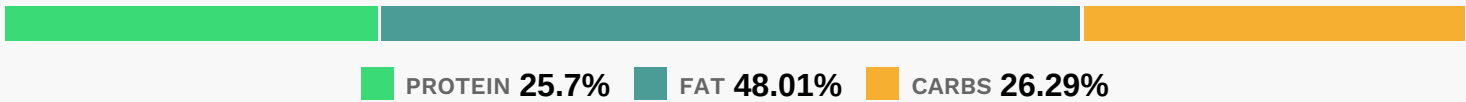
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook orzo according to package directions, omitting salt and fat.
- ☐ Drain, and stir in 2 tablespoons parsley, 1/4 teaspoon pepper, and 1/4 teaspoon salt.
- ☐ Combine remaining 1 tablespoon parsley, mayonnaise, and next 5 ingredients (through capers) in a small bowl.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon oil; swirl to coat.
- ☐ Place flour in a shallow dish.
- ☐ Sprinkle fillets evenly with remaining 1/2 teaspoon pepper and remaining 1/4 teaspoon salt; dredge fillets in flour.
- ☐ Add 2 fillets to pan; cook 1 1/2 minutes on each side or until desired degree of doneness.
- ☐ Remove fish from pan. Repeat procedure with remaining 1 tablespoon oil and 2 fillets.
- ☐ Serve with rmoulade and orzo.

Nutrition Facts



Properties

Glycemic Index:65.75, Glycemic Load:11.67, Inflammation Score:-5, Nutrition Score:19.202173979386%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 406.08kcal (20.3%), Fat: 21.38g (32.9%), Saturated Fat: 3.46g (21.64%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 24.91g (9.06%), Sugar: 1.07g (1.19%), Cholesterol: 82.42mg (27.47%), Sodium: 659.96mg (28.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.76g (51.51%), Selenium: 66.13µg (94.47%), Vitamin K: 79.01µg (75.25%), Phosphorus: 496.94mg (49.69%), Vitamin B12: 1.94µg (32.31%), Vitamin D: 4.79µg (31.94%), Manganese: 0.39mg (19.35%), Vitamin E: 2.62mg (17.49%), Vitamin B3: 2.65mg (13.24%), Magnesium: 50.89mg (12.72%), Vitamin B6: 0.22mg (11.05%), Potassium: 376.97mg (10.77%), Vitamin C: 7.01mg (8.49%), Vitamin B1: 0.12mg (7.85%), Folate: 30.38µg (7.6%), Iron: 1.3mg (7.23%), Copper: 0.14mg (7.1%), Zinc: 1.06mg (7.07%), Vitamin A: 332.99IU (6.66%), Fiber: 1.43g (5.72%), Vitamin B2: 0.09mg (5.29%), Vitamin B5: 0.52mg (5.18%), Calcium: 51.8mg (5.18%)