



Zesty Broiled Flounder

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup japanese breadcrumbs panko
- ☐ 12 ounce sushi-grade yellowtail flounder
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 servings parsley fresh chopped
- ☐ 1 small garlic clove minced
- ☐ 2 teaspoons horseradish prepared
- ☐ 2 teaspoons brown sugar light
- ☐ 3 tablespoons mayonnaise

☐ 4 teaspoons soya sauce

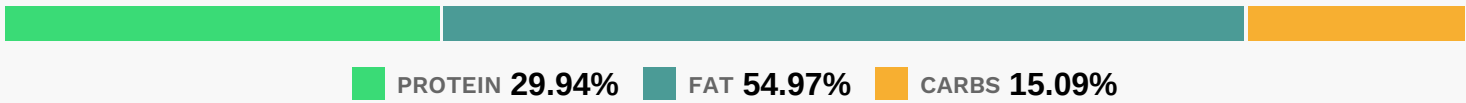
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 6 ingredients in a small bowl.
- ☐ Brush mayonnaise mixture on both sides of fillets.
- ☐ Place fillets on a lightly greased, shallow baking sheet, and sprinkle with breadcrumbs. Coat breadcrumbs with cooking spray.
- ☐ Bake at 450 for 15 minutes or until fish flakes easily with a fork.
- ☐ Sprinkle with parsley.
- ☐ POUR: Ginger, horseradish, and soy sauce add spice and saltiness that does best with wines not aged in oak (briny flavors tend to make oak-aged wines taste bitter). Try a light wine such as Chenin Blanc, white Zinfandel, Riesling, or Sauvignon Blanc. Because horseradish is one of the trickiest flavors to pair with wine, a chilled Sapporo or Kirin beer might be all you need to complete the meal.

Nutrition Facts



Properties

Glycemic Index:88.5, Glycemic Load:0.55, Inflammation Score:-5, Nutrition Score:18.147826049639%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 322.77kcal (16.14%), Fat: 19.5g (30%), Saturated Fat: 3.32g (20.73%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 11.22g (4.08%), Sugar: 5.18g (5.75%), Cholesterol: 85.36mg (28.45%), Sodium: 1021.42mg (44.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.8%), Vitamin K: 100.59µg (95.8%), Selenium: 48.14µg (68.78%), Phosphorus: 468.54mg (46.85%), Vitamin B12: 1.97µg (32.89%), Vitamin D: 4.8µg (32.03%), Vitamin B3: 2.85mg (14.27%), Vitamin E: 1.81mg (12.05%), Vitamin B6: 0.23mg (11.73%), Magnesium: 44.44mg (11.11%), Potassium: 376.82mg (10.77%), Manganese: 0.2mg (10.12%), Vitamin C: 7.21mg (8.74%), Vitamin B1: 0.13mg (8.46%), Vitamin A: 406.98IU (8.14%), Iron: 1.34mg (7.46%), Folate: 29.14µg (7.28%), Calcium: 68.44mg (6.84%), Zinc: 0.85mg (5.67%), Vitamin B2: 0.09mg (5.55%), Vitamin B5: 0.48mg (4.79%), Copper: 0.09mg (4.74%), Fiber: 0.83g (3.33%)