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Flounder Poached in Fennel-Tomato Sauce

This recipe features flounder fillets poached in a flavorful fennel-tomato sauce. The dish is light and healthy, perfect for a weeknight dinner. The fennel adds a subtle anise flavor, while the tomato sauce provides a tangy and savory base. Serve the flounder over a bed of rice or with crusty bread to soak up the delicious sauce.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Flounder Fillets
200 g	fennel bulb
400 g	Tomatoes
100 g	onion

2 cloves	garlic
2 tbsp	olive oil
1 tsp	salt
1 tsp	black pepper
20 g	fresh parsley

Directions

Step 1

Stove

Heat olive oil in a large skillet over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add the onion and garlic to the skillet and sauté until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add the fennel and tomatoes to the skillet and cook for 10 minutes, until the fennel is tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Stove

Season the flounder fillets with salt and pepper, then add them to the skillet. Simmer for 5 minutes, or until the fish is cooked through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Garnish with fresh parsley and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 7 g

Protein: 15 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	4 g	10.53%	16%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Pressure Cooker

Nutritional Content

Low Calorie

Cuisines

Italian

Japanese

Mediterranean

American

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Dinner

Snack

Events

Picnic

Course

Appetizers

Main Dishes

Salads

Sauces & Dressings

Cooking Method

Steaming

Difficulty Level

Medium

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