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Sautéed Flounder with Orange-Shallot Sauce ♦♦

This recipe is a delicious and flavorful way to prepare flounder. The flounder is sautéed to perfection and served with a tangy orange-shallot sauce. It is a versatile dish that can be enjoyed for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Flounder Fillets
1 c	orange juice
2 pieces	Shallots
2 tbsp	olive oil

1 tsp salt

1 tsp black pepper

Directions

Step 1

Stove

Heat olive oil in a large skillet over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Season the flounder fillets with salt and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Sautéing

Sauté the flounder fillets in the skillet for 3-4 minutes per side or until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Remove the flounder from the skillet and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Sautéing

In the same skillet, add the shallots and sauté until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 6

Simmering

Add the orange juice to the skillet and simmer until the sauce has thickened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Pour the orange-shallot sauce over the flounder fillets and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	8 mg	615.38%	615.38%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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