

Baked Lemon Butter Flounder

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-flounder-fillet-recipe>

Ingredients:

- 4 tablespoons unsalted butter melted
- 3 tablespoons fresh lemon juice
- 1 lemon about 1 tablespoon
- 1 tablespoon fresh minced garlic
- 1/4 teaspoon dried dill
- 20 ounces flounder fillets
- kosher salt
- freshly ground black pepper
- 1 lemon small, thinly sliced, optional
- chopped parsley Fresh, for garnish, optional

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 100 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 7 grams
8. Sodium: 320 milligrams

Thank you for visiting our website. Hope you enjoy Baked Lemon Butter Flounder above. You can see more 15 chinese flounder fillet recipe Taste the magic today! to get more great cooking ideas.