

Baked Flounder With Parsnips And Carrots

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 4 fillets flounder
- kosher salt
- 4 carrots medium
- 4 parsnips medium, peeled
- 2 tablespoons olive oil
- 6 tablespoons unsalted butter
- 2 teaspoons fresh thyme leaves plus 4 sprigs fresh thyme
- 1 lemon small

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 125 milligrams
4. Fat: 26 grams
5. Fiber: 9 grams
6. Protein: 33 grams
7. SaturatedFat: 12 grams
8. Sodium: 390 milligrams
9. Sugar: 9 grams

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