

Baked Flounder Florentine

*Lousene Rousseau Brunner
Casserole Treasury (1964)*

Servings: 5

*1 1/2 to 2 pounds fillet of flounder
2 tablespoons butter or margarine
2 tablespoons onion, minced
1 clove garlic, minced
1 package frozen chopped spinach
1/4 teaspoon salt
1/8 teaspoon fresh ground pepper
1/8 teaspoon nutmeg
3 tablespoons lemon juice
1 teaspoon Worcestershire sauce
1/4 cup butter or margarine, melted
1 cup mushrooms, sliced
2 tablespoons flour
1 cup sour cream
3 tablespoons Parmesan cheese, grated*

Preheat the oven to 400 degrees.

In a heavy skillet, melt two tablespoons of butter. Lightly saute' the onion and garlic. Place the frozen spinach into the skillet. Lower the heat to a bare simmer. Cover and cook until the spinach is thawed, turning the spinach two or three times. Press out any excess moisture with a spatula and drain off.

Stir the salt, pepper and nutmeg into the spinach.

Wipe the fillets with paper towels or a damp cloth. Lay them out on a board or counter. Spread the spinach on the fillets. Roll up the fillets and fasten with toothpicks. Place the fillets, seam side down, in a shallow greased casserole.

In a bowl, mix the lemon juice, Worcestershire sauce and melted butter. Drizzle over the fish rolls.

Bake, covered, for 20 minutes or until the fish flakes readily.

Remove the casserole from the oven. Drain off the liquid into a saucepan. Cook the mushrooms in the saucepan for 5 to 6 minutes. Stir in the flour. Blend in the sour cream. Pour the mixture back over the casserole.

Sprinkle with the Parmesan cheese.

Brown under the broiler.

Per Serving (excluding unknown items): 277 Calories; 25g Fat (77.0% calories from fat); 6g Protein; 10g Carbohydrate; 3g Dietary Fiber; 60mg Cholesterol; 406mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	277	Vitamin B6 (mg):	.2mg
% Calories from Fat:	77.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	14.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	25g	Folacin (mcg):	120mcg
Saturated Fat (g):	15g	Niacin (mg):	1mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	60mg	% Refuse:	0.0%
Carbohydrate (g):	10g		
Dietary Fiber (g):	3g	Food Exchanges	
Protein (g):	6g	Grain (Starch):	0
Sodium (mg):	406mg	Lean Meat:	0
Potassium (mg):	452mg	Vegetable:	1
Calcium (mg):	206mg	Fruit:	0
Iron (mg):	2mg	Non-Fat Milk:	0
Zinc (mg):	1mg	Fat:	5
Vitamin C (mg):	29mg	Other Carbohydrates:	0
Vitamin A (i.u.):	7967IU		
Vitamin A (r.e.):	950RE		

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 277 **Calories from Fat:** 213

% Daily Values*

Total Fat 25g	38%
Saturated Fat 15g	76%
Cholesterol 60mg	20%
Sodium 406mg	17%
Total Carbohydrates 10g	3%
Dietary Fiber 3g	13%
Protein 6g	
Vitamin A	159%
Vitamin C	49%
Calcium	21%
Iron	13%

* Percent Daily Values are based on a 2000 calorie diet.