



Almond-crusted Sole

READY IN



20 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tsp pepper black freshly ground
- ☐ 2 tablespoons flat-leaf parsley minced
- ☐ 0.5 tsp kosher salt
- ☐ 4 servings lemon wedges fresh
- ☐ 1 teaspoon lemon zest shredded finely
- ☐ 3 teaspoons olive oil divided
- ☐ 0.5 cup panko bread crumbs (Japanese bread crumbs)
- ☐ 0.5 cup parmesan cheese finely grated
- ☐ 0.3 cup slivered almonds

☐ 24 oz pacific sole fillets

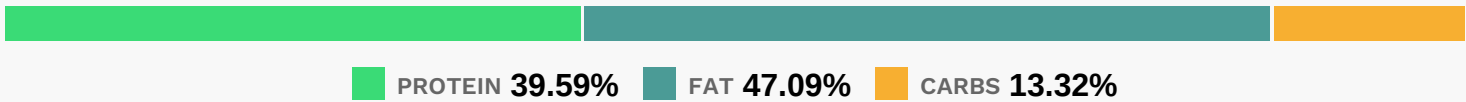
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 475 with a rack set at the top level.
- ☐ Sprinkle both sides of fillets with 1/2 tsp. each salt and pepper, then set on a baking sheet lined with foil.
- ☐ Brush tops of fillets with 2 tsp. olive oil and squeeze a little lemon on top.
- ☐ Combine panko, parmesan, nuts, parsley, zest, remaining 1 tsp. olive oil, and a pinch of salt and pepper. Evenly cover fillets with almond mixture.
- ☐ Bake until fish is opaque in center, 6 to 8 minutes.
- ☐ Serve with more lemon.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:18.256086867789%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.05mg, Quercetin:

0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 281.82kcal (14.09%), Fat: 14.7g (22.62%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 7.68g (2.79%), Sugar: 0.93g (1.03%), Cholesterol: 87.42mg (29.14%), Sodium: 703.48mg (30.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.61%), Selenium: 51.9µg (74.15%), Phosphorus: 565.33mg (56.53%), Vitamin B12: 2.12µg (35.28%), Vitamin K: 35.89µg (34.18%), Vitamin D: 4.83µg (32.17%), Vitamin E: 3.9mg (25.98%), Calcium: 189.16mg (18.92%), Manganese: 0.35mg (17.26%), Magnesium: 64.11mg (16.03%), Vitamin B3: 2.63mg (13.17%), Vitamin B2: 0.21mg (12.53%), Potassium: 392.5mg (11.21%), Vitamin B6: 0.2mg (10.12%), Zinc: 1.5mg (10.01%), Vitamin B1: 0.13mg (8.96%), Copper: 0.16mg (7.83%), Iron: 1.24mg (6.87%), Vitamin A: 334.66IU (6.69%), Fiber: 1.67g (6.69%), Folate: 24.5µg (6.12%), Vitamin C: 3.84mg (4.65%), Vitamin B5: 0.45mg (4.54%)