



## Bistro Fillets of Sole

READY IN



45 min.

SERVINGS



4

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 inch diagonally bread baguette french toasted cut
- 1 teaspoon capers
- 8 ounce bottled clam juice
- 0.5 cup vermouth dry
- 1 large egg yolk
- 0.5 cup parsley fresh minced
- 0.1 teaspoon ground pepper red
- 2 tablespoons mayonnaise light
- 1 tablespoon milk 1% low-fat

3 ounce orange roughy fillets

## Equipment

bowl

frying pan

whisk

## Directions

Arrange fish in a single layer in bottom of a 10-inch skillet; add vermouth, capers, and clam juice. Bring to a simmer; cover and simmer over medium-low heat 10 minutes or until fish flakes easily when tested with a fork.

Remove fish from pan, and keep warm; reserve cooking liquid. Bring cooking liquid to a boil; cook until reduced by half (about 9 minutes). Gradually add hot liquid to egg yolk in a bowl, stirring constantly with a whisk. Return egg mixture to pan.

Add mayonnaise, milk, and red pepper; cook over medium heat 1 minute, stirring constantly. Stir in parsley. Spoon 3 tablespoons sauce onto each of 4 plates; top each portion with 2 fillets and 2 toast slices.

## Nutrition Facts



## Properties

Glycemic Index:30.67, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:9.5739130144534%

## Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

## Nutrients (% of daily need)

Calories: 105.83kcal (5.29%), Fat: 3.11g (4.78%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 8.9g (3.24%), Sugar: 2.48g (2.76%), Cholesterol: 59.96mg (19.99%), Sodium: 306.02mg (13.31%), Alcohol: 2.85g (100%), Alcohol %: 2.73% (100%), Protein: 5.06g (10.11%), Vitamin K: 127.18µg (121.12%), Selenium: 17.43µg (24.91%), Vitamin A: 831.42IU (16.63%), Vitamin C: 12.88mg (15.61%), Folate: 29.28µg (7.32%), Phosphorus:

56.7mg (5.67%), Iron: 0.95mg (5.28%), Vitamin E: 0.66mg (4.42%), Potassium: 143.53mg (4.1%), Vitamin B6: 0.07mg (3.64%), Vitamin B12: 0.2µg (3.39%), Vitamin B2: 0.06mg (3.29%), Vitamin B3: 0.64mg (3.2%), Manganese: 0.06mg (3.02%), Magnesium: 11.78mg (2.95%), Calcium: 29.31mg (2.93%), Vitamin B1: 0.04mg (2.71%), Copper: 0.05mg (2.61%), Vitamin B5: 0.24mg (2.43%), Fiber: 0.56g (2.23%), Zinc: 0.31mg (2.06%), Vitamin D: 0.27µg (1.8%)