



Bundles with Sole

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 teaspoons capers
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon pepper freshly ground
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- ☐ 8 sheets phyllo pastry frozen thawed
- ☐ 4 servings gourmet salad greens
- ☐ 0.3 teaspoon salt

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- ☐ 16 ounce sole fillets

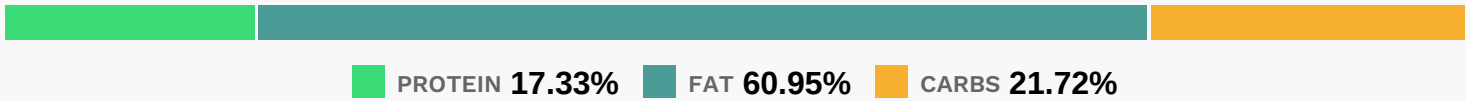
Equipment

- ☐ oven
- ☐ plastic wrap
- ☐ broiler pan
- ☐ kitchen twine

Directions

- ☐ Stir together first 6 ingredients. Cover and chill until firm.
- ☐ Sprinkle fish fillets evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper. Divide butter mixture into 4 portions; shape each portion into a ball.
- ☐ Place 1 ball of butter mixture at end of each fillet; carefully roll up fillets, keeping butter mixture inside.
- ☐ Unfold phyllo; cover with plastic wrap and a damp towel to prevent drying.
- ☐ Place 1 sheet of phyllo on a flat surface. Spray half of phyllo sheet with cooking spray. Fold sheet in half crosswise; spray again. Repeat procedure with a second sheet of phyllo; stack the sheets.
- ☐ Place 1 fillet in the middle of stacked phyllo sheets. Gather corners of sheets together to form a bundle. Twist slightly; tie bundle with kitchen twine. Spray bundle with cooking spray.
- ☐ Place bundle on rack of a lightly greased broiler pan. Repeat procedure with remaining phyllo sheets and fillets.
- ☐ Bake at 450 for 15 minutes or until golden.
- ☐ Serve immediately with gourmet salad greens, if desired.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:7.42, Inflammation Score:-9, Nutrition Score:13.805652089741%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 405.85kcal (20.29%), Fat: 27.56g (42.39%), Saturated Fat: 15.66g (97.88%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 21.08g (7.67%), Sugar: 0.19g (0.21%), Cholesterol: 112.04mg (37.35%), Sodium: 932.16mg (40.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.63g (35.26%), Selenium: 39.5µg (56.42%), Phosphorus: 338.73mg (33.87%), Vitamin A: 1252.08IU (25.04%), Vitamin B12: 1.33µg (22.16%), Vitamin D: 3.18µg (21.17%), Vitamin B1: 0.25mg (16.39%), Manganese: 0.32mg (16.15%), Vitamin C: 12.38mg (15%), Vitamin B3: 2.99mg (14.96%), Folate: 56.25µg (14.06%), Vitamin B2: 0.19mg (11.13%), Iron: 1.92mg (10.64%), Vitamin E: 1.42mg (9.48%), Potassium: 300.59mg (8.59%), Magnesium: 33.89mg (8.47%), Vitamin B6: 0.16mg (8.1%), Copper: 0.1mg (4.76%), Calcium: 46.61mg (4.66%), Zinc: 0.69mg (4.58%), Vitamin B5: 0.42mg (4.18%), Fiber: 1g (4%), Vitamin K: 3.91µg (3.72%)