



Classic Sole Meunière

READY IN



45 min.

SERVINGS



2

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup flour
- ☐ 2 servings pepper black freshly ground
- ☐ 2 tablespoons vegetable oil
- ☐ 2 servings kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 servings lemon wedges
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 4 fillet sole
- ☐ 0.3 cup butter unsalted cut into 4 pieces ()

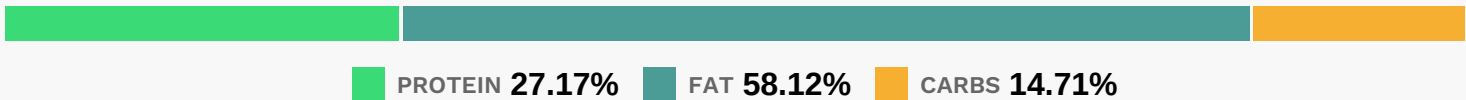
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Place flour in pie dish. Rinse fish; pat with paper towels.
- ☐ Sprinkle both sides of fish with coarse salt and freshly ground pepper. Dredge fish on both sides with flour; shake off excess.
- ☐ Place on platter.
- ☐ Heat oil in large skillet over medium-high heat until oil is hot and shimmers.
- ☐ Add butter; quickly swirl skillet to coat. When foam subsides, add fish and cook until golden on bottom, 2 to 3 minutes. Carefully turn fish over and cook until opaque in center and golden on bottom, 1 to 2 minutes. Divide fish between 2 warmed plates; tent with foil.
- ☐ Pour off drippings from skillet; wipe with paper towels.
- ☐ Place skillet over medium-high heat.
- ☐ Add butter; cook until golden, 1 to 2 minutes.
- ☐ Remove from heat; stir in parsley and lemon juice (sauce may sputter). Spoon sauce over fish.
- ☐ Serve with lemon wedges.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:82.25, Glycemic Load:17.32, Inflammation Score:-8, Nutrition Score:29.184347816136%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 679.05kcal (33.95%), Fat: 43.54g (66.98%), Saturated Fat: 18.21g (113.8%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 23.74g (8.63%), Sugar: 0.35g (0.39%), Cholesterol: 214.01mg (71.34%), Sodium: 475.29mg (20.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.8g (91.59%), Selenium: 101.34µg (144.77%), Phosphorus: 900.6mg (90.06%), Vitamin K: 93.19µg (88.76%), Vitamin D: 9.95µg (66.3%), Vitamin B12: 3.89µg (64.84%), Vitamin B3: 5.45mg (27.27%), Vitamin E: 3.98mg (26.5%), Vitamin A: 1159.47IU (23.19%), Vitamin B1: 0.33mg (21.82%), Folate: 82.75µg (20.69%), Magnesium: 71.35mg (17.84%), Vitamin B6: 0.36mg (17.8%), Potassium: 616.88mg (17.63%), Manganese: 0.28mg (14.14%), Vitamin B2: 0.24mg (13.97%), Iron: 2.34mg (13.01%), Vitamin C: 8.75mg (10.61%), Zinc: 1.38mg (9.21%), Calcium: 89.69mg (8.97%), Vitamin B5: 0.83mg (8.26%), Copper: 0.12mg (6.16%), Fiber: 1.05g (4.21%)