



Crispy Pan-Fried Sole

READY IN



20 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup bread crumbs dried plain
- ☐ 2 large eggs
- ☐ 1 teaspoon thyme leaves dried fresh
- ☐ 32 oz lemon sole fillets
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter unsalted

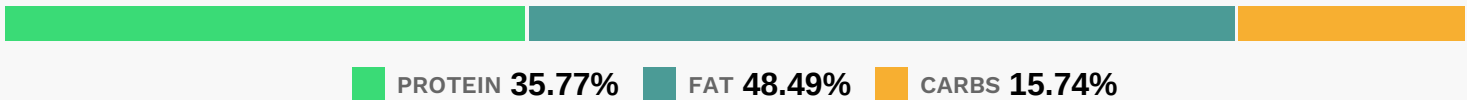
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Beat eggs in a shallow bowl.
- ☐ Combine next four ingredients in another bowl. Turn pieces of fish in crumbs, then in eggs and again in crumbs, patting on crumbs.
- ☐ Heat 1 Tbsp. each oil and butter in a 12-inch nonstick skillet over medium-high heat. When butter is melted, add 2 pieces of fish and cook, turning once, until golden, about 6 minutes.
- ☐ Add remaining oil and butter to pan and repeat with remaining fish.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:20.171304284231%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 387.57kcal (19.38%), Fat: 20.53g (31.58%), Saturated Fat: 6.6g (41.23%), Carbohydrates: 15g (5%), Net Carbohydrates: 13.96g (5.08%), Sugar: 1.36g (1.51%), Cholesterol: 210.11mg (70.04%), Sodium: 513.85mg (22.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.07g (68.14%), Selenium: 73.19µg (104.56%), Phosphorus: 656.82mg (65.68%), Vitamin B12: 2.87µg (47.8%), Vitamin D: 6.96µg (46.37%), Vitamin E: 2.9mg (19.32%), Vitamin B3: 3.74mg (18.69%), Vitamin B1: 0.26mg (17.17%), Vitamin B6: 0.29mg (14.56%), Vitamin B2: 0.24mg (14.4%), Magnesium: 53.44mg (13.36%), Manganese: 0.26mg (13.06%), Potassium: 442.54mg (12.64%), Iron: 2.19mg (12.15%), Folate: 45.67µg (11.42%), Calcium: 105.8mg (10.58%), Vitamin K: 10.83µg (10.32%), Vitamin B5: 0.92mg (9.24%), Zinc: 1.37mg (9.1%), Vitamin A: 394.96IU (7.9%), Copper: 0.12mg (5.89%), Fiber: 1.04g (4.14%)