



Dover sole with buttered leeks & shrimps

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



1058 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g butter
- ☐ 2 sole skinless trimmed
- ☐ 1 small glass wine
- ☐ 4 leek cut into large chunks
- ☐ 100 g shrimp
- ☐ 1 small bunch chives snipped

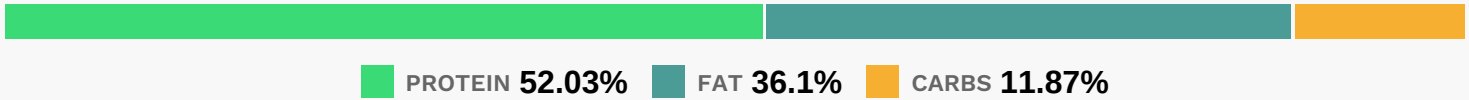
Equipment

- ☐ oven

Directions

- ☐ Heat the oven to 220C/fan 200C/gas
- ☐ Lightly butter a large roasting tray and lay the fish in it side by side.
- ☐ Pour over the wine and dot the fish with any remaining butter. Season with salt and pepper, then bake for 15–20 mins or until the flesh just starts to come away from the bone.
- ☐ Meanwhile, cook the leeks in boiling salted water for 8–10 mins until soft, then drain. When the fish is ready, carefully lift onto a warm platter or plates.
- ☐ Place the roasting tray over a low flame, then heat the leeks and potted shrimps with the juices until the butter is melted. Stir through the chives, then serve alongside the fish with a few buttered new potatoes. To eat, simply lift the fillets away from the bone.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:7.55, Inflammation Score:-10, Nutrition Score:51.009564938753%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 1057.69kcal (52.88%), Fat: 38.45g (59.15%), Saturated Fat: 16.94g (105.9%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 25.19g (9.16%), Sugar: 8.13g (9.03%), Cholesterol: 539.25mg (179.75%), Sodium: 990.81mg (43.08%), Alcohol: 12.15g (100%), Alcohol %: 1.21% (100%), Protein: 124.68g (249.36%), Selenium: 241.57µg (345.09%), Phosphorus: 2465.7mg (246.57%), Vitamin B12: 10.21µg (170.21%), Vitamin D: 25.2µg (168%), Vitamin K: 91.04µg (86.71%), Vitamin A: 3976.07IU (79.52%), Vitamin B6: 1.36mg (67.96%), Magnesium: 242.48mg (60.62%), Manganese: 1.14mg (57.21%), Potassium: 1988.1mg (56.8%), Vitamin E: 7.89mg (52.61%), Vitamin B3: 10.22mg (51.11%), Folate: 162.95µg (40.74%), Calcium: 344.48mg (34.45%), Iron: 5.97mg (33.19%), Copper: 0.59mg (29.4%), Vitamin C: 22.52mg (27.3%), Zinc: 3.94mg (26.26%), Vitamin B1: 0.31mg (20.9%), Vitamin B5: 2mg (20.01%), Vitamin

B2: 0.26mg (15.41%), Fiber: 3.25g (13.02%)