



Dover Sole with Lemon Rind and Pine Nuts

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cooking wine dry white
- 1 teaspoon lemon rind finely grated
- 0.3 cup pinenuts lightly toasted chopped
- 0.8 teaspoon salt
- 3 tablespoons shallots finely minced
- 24 ounce dover sole fillets
- 0.1 teaspoon pepper white freshly ground

Equipment

- oven
- baking pan

Directions

- Preheat oven to 37
- Lightly coat the bottom of a 13 x 9-inch baking dish with cooking spray; sprinkle evenly with shallots. Arrange fish in an even layer over shallots, slightly overlapping, if necessary.
- Sprinkle fish with salt and pepper.
- Combine pine nuts and rind; sprinkle evenly over fish.
- Pour wine around fish, being careful not to dislodge topping.
- Bake at 375 for 15 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- Garnish with parsley and lemon wedges, if desired.
- Serve immediately.

Nutrition Facts

PROTEIN 48.98% **FAT 44.47%** **CARBS 6.55%**

Properties

Glycemic Index:11.25, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:14.190434683924%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 198.07kcal (9.9%), Fat: 9.06g (13.95%), Saturated Fat: 1.17g (7.28%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 2.39g (0.87%), Sugar: 1.11g (1.23%), Cholesterol: 76.54mg (25.51%), Sodium: 575.91mg (25.04%), Alcohol: 2.06g (100%), Alcohol %: 1.26% (100%), Protein: 22.46g (44.93%), Selenium: 45.42µg (64.89%), Phosphorus: 485.43mg (48.54%), Manganese: 0.82mg (40.78%), Vitamin B12: 1.92µg (32.03%), Vitamin D: 4.76µg (31.75%), Magnesium: 55.51mg (13.88%), Vitamin E: 1.86mg (12.42%), Vitamin B3: 2.18mg (10.89%), Vitamin B6:

0.21mg (10.57%), Potassium: 362.71mg (10.36%), Zinc: 1.15mg (7.64%), Copper: 0.15mg (7.62%), Iron: 0.93mg (5.19%), Vitamin B1: 0.07mg (4.93%), Vitamin K: 4.86µg (4.63%), Calcium: 42.75mg (4.28%), Vitamin B5: 0.37mg (3.73%), Folate: 14.19µg (3.55%), Vitamin B2: 0.06mg (3.42%), Fiber: 0.62g (2.49%), Vitamin C: 1.33mg (1.61%), Vitamin A: 59.13IU (1.18%)