



Lemon sole with sorrel sauce

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fillet lemon sole with the skin attached
- ☐ 2 knobs butter
- ☐ 125 ml wine
- ☐ 2 tbsp crème fraîche
- ☐ 1 bunch sorrel leaves shredded washed and

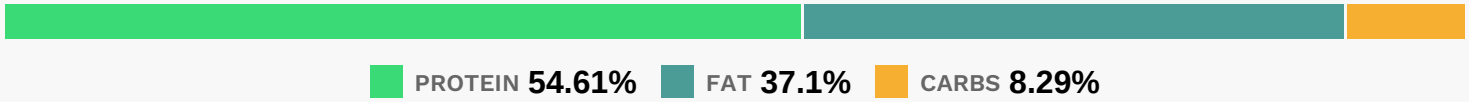
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Lay fish, skin-side-down, in an ovenproof dish. Season, dot with butter and pour over the wine.
- ☐ Place fish in the oven for 10 mins until just cooked, then lift onto a warm plate.
- ☐ Working very quickly, pour the juices from the dish into a small saucepan with the crme frache, boil until slightly thickened, then stir through the sorrel until just wilted. Spoon over the fish before serving. Buttered new potatoes on the side are a must.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:15.20043452408%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 213.92kcal (10.7%), Fat: 6.77g (10.42%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 3g (1.09%), Sugar: 1.02g (1.13%), Cholesterol: 85.73mg (28.58%), Sodium: 153.02mg (6.65%), Alcohol: 6.53g (100%), Alcohol %: 2.79% (100%), Protein: 22.43g (44.85%), Selenium: 45.74µg (65.34%), Phosphorus: 449.17mg (44.92%), Vitamin B12: 1.95µg (32.47%), Vitamin D: 4.76µg (31.73%), Vitamin C: 24.11mg (29.22%), Vitamin A: 1355.85IU (27.12%), Magnesium: 89.66mg (22.42%), Folate: 84.88µg (21.22%), Vitamin B6: 0.2mg (10.16%), Potassium: 332.25mg (9.49%), Iron: 1.69mg (9.37%), Vitamin B3: 1.85mg (9.24%), Vitamin E: 1.14mg (7.6%), Calcium: 53.77mg (5.38%), Manganese: 0.1mg (4.96%), Zinc: 0.66mg (4.4%), Vitamin B5: 0.38mg (3.84%), Vitamin B2: 0.06mg (3.77%), Vitamin B1: 0.04mg (2.87%), Copper: 0.04mg (1.85%), Fiber: 0.4g (1.6%)