



Pan-Fried Sole with Cucumber and Tomato Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons capers
- ☐ 2 cups cherry tomatoes quartered
- ☐ 0.8 cup cucumber finely chopped
- ☐ 3 tablespoons basil fresh chopped
- ☐ 2 teaspoons lemon zest grated

- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon salt divided
- ☐ 1.5 tablespoons shallots finely chopped
- ☐ 24 ounce sole
- ☐ 0.3 cup bell pepper yellow finely chopped

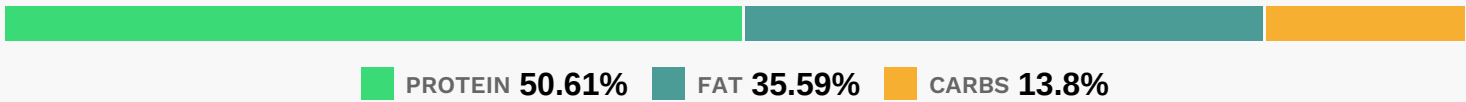
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 8 ingredients in a bowl; stir in 1/2 teaspoon salt and 1/8 teaspoon black pepper.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle fish with 1/2 teaspoon salt and 1/8 teaspoon black pepper.
- ☐ Add fish to pan; cook 1 1/2 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:16.392608476722%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 178.03kcal (8.9%), Fat: 6.99g (10.75%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 4.88g (1.77%), Sugar: 3.16g (3.51%), Cholesterol: 76.54mg (25.51%), Sodium: 840.44mg (36.54%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 22.35g (44.71%), Selenium: 45.79µg (65.42%), Vitamin C:

42.6mg (51.64%), Phosphorus: 462.29mg (46.23%), Vitamin B12: 1.92µg (32.03%), Vitamin D: 4.76µg (31.75%), Potassium: 521.25mg (14.89%), Vitamin B6: 0.28mg (13.87%), Vitamin E: 2.05mg (13.69%), Vitamin K: 13.6µg (12.95%), Vitamin B3: 2.34mg (11.69%), Magnesium: 45.73mg (11.43%), Vitamin A: 549.2IU (10.98%), Manganese: 0.19mg (9.44%), Copper: 0.15mg (7.36%), Folate: 28.28µg (7.07%), Iron: 1.16mg (6.43%), Calcium: 57.78mg (5.78%), Vitamin B1: 0.08mg (5.31%), Vitamin B5: 0.51mg (5.12%), Zinc: 0.76mg (5.07%), Fiber: 1.22g (4.87%), Vitamin B2: 0.07mg (4.01%)