



Panko Crusted Petrale Sole with Basil, Garlic and Orange

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup flour all-purpose
- ☐ 4.5 teaspoons chili powder
- ☐ 1 tablespoon vodka
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 3 eggs well beaten
- ☐ 1.5 cups panko bread crumbs crispy
- ☐ 1 lb fish fillet white cleaned thin (8 to 12 fillets)

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons garlic thinly sliced
- ☐ 1 tablespoon jalapeno thinly sliced
- ☐ 1 serving pepper black freshly ground
- ☐ 1.5 cups basil fresh
- ☐ 1 tablespoon orange zest grated

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan

Directions

- ☐ In small bowl, mix flour, chili powder, 1 tablespoon salt and 1 teaspoon pepper. Line up 3 like-sized baking dishes or shallow bowls.
- ☐ Place flour mixture in first dish.
- ☐ Place beaten eggs in second dish. In third dish, place bread crumbs. To bread fish fillets, coat with flour mixture, dip into eggs, then coat with bread crumbs. Set aside on platter or baking tray.
- ☐ In 12-inch nonstick skillet, heat 1/3 cup of the oil over high heat.
- ☐ Add half of the fillets; cook about 2 minutes or until lightly browned and crisp. Turn fish; cook other sides 1 minute.
- ☐ Remove from skillet to warmed serving platter; cover to keep hot. Cook remaining fillets, adding more oil if necessary.
- ☐ Add garlic and chile to hot oil in skillet. Season with salt and pepper. Cook and stir 2 minutes.
- ☐ Add basil; cook and stir 2 minutes to crisp. Toss in orange peel.
- ☐ Arrange fillets on serving platter or individual plates; top with the basil, garlic and orange mixture.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:9.17, Inflammation Score:-8, Nutrition Score:25.98695655491%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 487.82kcal (24.39%), Fat: 24.84g (38.22%), Saturated Fat: 4.55g (28.43%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 29.15g (10.6%), Sugar: 1.95g (2.16%), Cholesterol: 179.46mg (59.82%), Sodium: 309.44mg (13.45%), Alcohol: 1.25g (100%), Alcohol %: 0.7% (100%), Protein: 32.5g (65%), Selenium: 69.61µg (99.44%), Vitamin K: 55.4µg (52.77%), Vitamin B3: 7.3mg (36.52%), Vitamin B12: 2.16µg (36.07%), Phosphorus: 332.33mg (33.23%), Manganese: 0.64mg (32.18%), Vitamin E: 4.5mg (29.98%), Vitamin B1: 0.42mg (28.04%), Vitamin D: 4.18µg (27.84%), Vitamin A: 1370.03IU (27.4%), Folate: 103.82µg (25.95%), Vitamin B2: 0.43mg (25.16%), Iron: 3.94mg (21.89%), Vitamin B6: 0.4mg (20.22%), Potassium: 554.96mg (15.86%), Magnesium: 59.59mg (14.9%), Copper: 0.27mg (13.41%), Vitamin B5: 1.34mg (13.4%), Fiber: 2.84g (11.37%), Vitamin C: 9.37mg (11.36%), Calcium: 109.3mg (10.93%), Zinc: 1.47mg (9.78%)