



WHATSheATE



Petracle Sole with Lemon-Shallot Brussels Sprouts

READY IN



45 min.

SERVINGS



2

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 6 ounces brussels sprouts trimmed thinly sliced lengthwise
- ☐ 1 teaspoon coarse kosher salt
- ☐ 0.5 teaspoon ground pepper plus additional white for seasoning
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 3 tablespoons olive oil divided
- ☐ 1 teaspoon parsley fresh italian chopped
- ☐ 0.8 cup shallots thinly sliced

- ☐ 12 ounces petrale sole fillets
- ☐ 1 tablespoon butter unsalted
- ☐ 1 cup vegetable broth

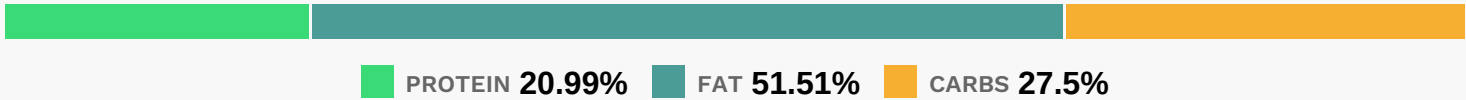
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Combine flour, lemon peel, coarse salt, and 1/2 teaspoon white pepper in shallow bowl.
- ☐ Heat 1 tablespoon olive oil in each of 2 large skillets over medium heat. Coat fish in flour mixture and shake off excess.
- ☐ Add fish to skillets and cook until opaque and golden brown, 1 to 2 minutes per side.
- ☐ Remove from heat and season to taste with salt. Cover loosely with foil and set aside.
- ☐ Wipe out 1 skillet.
- ☐ Add remaining 1 tablespoon olive oil and heat over medium heat.
- ☐ Add shallots and sauté until almost translucent, about 2 minutes.
- ☐ Add brussels sprouts and broth. Increase heat to medium high and cook, stirring occasionally, until brussels sprouts are tender and liquid is almost completely absorbed, about 8 minutes.
- ☐ Remove from heat. Stir in butter. Season to taste with salt and white pepper.
- ☐ Spoon brussels sprouts onto plates. Top with fish, sprinkle with chopped parsley, and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:107, Glycemic Load:14.32, Inflammation Score:-9, Nutrition Score:31.92782567895%

Flavonoids

Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 520.54kcal (26.03%), Fat: 30.47g (46.88%), Saturated Fat: 7.34g (45.87%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 29.78g (10.83%), Sugar: 9.98g (11.09%), Cholesterol: 91.59mg (30.53%), Sodium: 1804.1mg (78.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.94g (55.88%), Vitamin K: 165.41µg (157.54%), Vitamin C: 82.14mg (99.56%), Selenium: 53.07µg (75.82%), Phosphorus: 560.26mg (56.03%), Manganese: 0.7mg (35.05%), Vitamin E: 5.06mg (33.71%), Vitamin B6: 0.67mg (33.51%), Vitamin D: 4.87µg (32.45%), Vitamin B12: 1.93µg (32.23%), Folate: 119.74µg (29.93%), Fiber: 6.84g (27.35%), Potassium: 922.01mg (26.34%), Vitamin A: 1131.36IU (22.63%), Vitamin B1: 0.33mg (22.22%), Iron: 3.51mg (19.48%), Magnesium: 73.19mg (18.3%), Vitamin B3: 3.52mg (17.58%), Vitamin B2: 0.21mg (12.36%), Calcium: 113.3mg (11.33%), Copper: 0.2mg (10.05%), Zinc: 1.39mg (9.24%), Vitamin B5: 0.92mg (9.17%)