



Poached Sole Florentine

READY IN



45 min.

SERVINGS



6

CALORIES



217 kcal

Ingredients

- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh minced
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 teaspoon garlic divided minced
- ☐ 0.3 teaspoon ground pepper white
- ☐ 2 tablespoons juice of lemon
- ☐ 0.8 cup no-salt-added chicken broth undiluted canned divided
- ☐ 1 tablespoon butter melted reduced-calorie
- ☐ 1 tablespoon butter reduced-calorie

- ☐ 0.5 cup nonfat cream alternative sour
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup skim milk
- ☐ 1.5 pounds sole fillets
- ☐ 2 ounces swiss cheese shredded divided reduced-fat
- ☐ 4 cups water
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

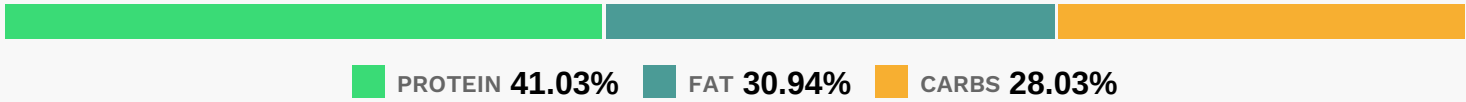
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Bring water and vinegar to a boil in a Dutch oven. Reduce heat; add fillets. Cover and simmer 1 minute or until opaque.
- ☐ Remove from liquid; discard liquid.
- ☐ Coat a nonstick skillet with cooking spray; add 1 tablespoon margarine.
- ☐ Place over medium-high heat until margarine melts.
- ☐ Add spinach; saute 1 minute.
- ☐ Stir flour into 1/2 cup broth. Bring remaining 1/4 cup broth and milk to a boil.
- ☐ Add flour mixture; cook, stirring constantly, until thickened.
- ☐ Add 1/4 cup Swiss cheese, sour cream, lemon juice, 1/2 teaspoon garlic, salt, and pepper. Stir 1/2 cup cheese sauce into spinach mixture.
- ☐ Spread in an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray. Arrange fillets over spinach; pour remaining cheese sauce over fillets.
- ☐ Combine remaining 1/4 cup Swiss cheese and 1/2 teaspoon garlic, breadcrumbs, and remaining ingredients.

- ☐ Sprinkle over casserole.
- ☐ Bake at 375 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:3.43, Inflammation Score:-10, Nutrition Score:24.950869435849%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 216.63kcal (10.83%), Fat: 7.45g (11.46%), Saturated Fat: 1.87g (11.72%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 13.37g (4.86%), Sugar: 2.53g (2.81%), Cholesterol: 57.71mg (19.24%), Sodium: 343.31mg (14.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.22g (44.44%), Vitamin K: 198.13µg (188.69%), Vitamin A: 5990.38IU (119.81%), Selenium: 39.1µg (55.86%), Phosphorus: 447.81mg (44.78%), Vitamin B12: 1.74µg (28.94%), Calcium: 267.25mg (26.73%), Folate: 94.96µg (23.74%), Vitamin D: 3.53µg (23.5%), Manganese: 0.44mg (22.21%), Magnesium: 71.59mg (17.9%), Vitamin B2: 0.29mg (17.14%), Vitamin E: 2.26mg (15.1%), Potassium: 491.1mg (14.03%), Vitamin B3: 2.51mg (12.57%), Vitamin B1: 0.18mg (12.3%), Vitamin B6: 0.24mg (12.16%), Iron: 1.77mg (9.82%), Zinc: 1.44mg (9.59%), Copper: 0.16mg (8.05%), Vitamin C: 6.51mg (7.9%), Fiber: 1.8g (7.22%), Vitamin B5: 0.43mg (4.33%)