



Sautéed Petrale Sole in Herb Butter Sauce



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds petrale sole fillets fresh
- ☐ 4 servings salt to taste
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 3 tablespoons shallots minced
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 leaves thyme leaves fresh or any herb for flavor)
- ☐ 4 servings chives fresh minced
- ☐ 4 servings lemon wedges (use Meyer lemons if available)

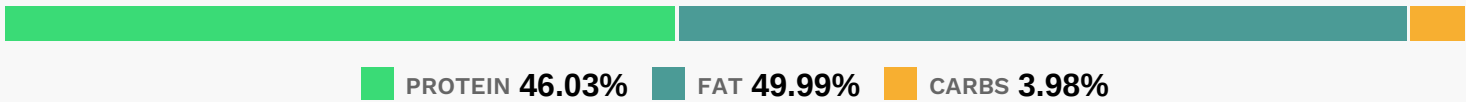
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Pat dry the fillets, lightly salt: Pat the sole fillets dry with paper towels. There is a lot of moisture in Petrale sole, so you might have to pat them dry twice.
- ☐ Lightly salt the fillets on both sides.
- ☐ Heat oil in a large, stick-free skillet on medium-high heat. Once the oil is hot, carefully add the fillets to the pan. Brown the fillets gently on both sides.
- ☐ Fish is cooked when it flakes easily and is no longer translucent. Sole fillets will cook up very quickly, no more than a few minutes on each side, so don't walk away from the pan while cooking. Once done, remove the fillets from pan and place on a warm plate.
- ☐ Add shallots to the pan and sauté until soft.
- ☐ Make sauce:
- ☐ Add white wine to the pan with the shallots to deglaze the pan, and scrape up the browned bits at the bottom of the pan.
- ☐ Add butter and gently swirl to make a sauce.
- ☐ Add herbs, and squeeze a little lemon juice into the sauce. Spoon over the sole.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:11.494347665621%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.34mg,

Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 199.49kcal (9.97%), Fat: 10.3g (15.85%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.52g (0.55%), Sugar: 0.78g (0.86%), Cholesterol: 76.54mg (25.51%), Sodium: 333.43mg (14.5%), Alcohol: 1.54g (100%), Alcohol %: 0.97% (100%), Protein: 21.35g (42.7%), Selenium: 45.36µg (64.81%), Phosphorus: 436.85mg (43.68%), Vitamin B12: 1.92µg (32.03%), Vitamin D: 4.76µg (31.75%), Vitamin E: 2.09mg (13.91%), Vitamin B6: 0.2mg (10.16%), Vitamin B3: 1.81mg (9.06%), Potassium: 313.83mg (8.97%), Magnesium: 34.6mg (8.65%), Vitamin K: 6.63µg (6.32%), Calcium: 42.23mg (4.22%), Zinc: 0.6mg (4.02%), Manganese: 0.07mg (3.6%), Vitamin B5: 0.35mg (3.49%), Folate: 12.48µg (3.12%), Iron: 0.54mg (3.02%), Vitamin B1: 0.04mg (2.93%), Vitamin C: 2.11mg (2.56%), Vitamin B2: 0.04mg (2.37%), Vitamin A: 112.06IU (2.24%), Copper: 0.04mg (2.15%), Fiber: 0.33g (1.31%)