



Sauteed Sole Florentine

READY IN



45 min.

SERVINGS



6

CALORIES



474 kcal

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup butter divided melted
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 0.5 cup flour all-purpose divided
- ☐ 2 tablespoons parsley fresh minced
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 0.5 teaspoon ground pepper white divided
- ☐ 2 cups half-and-half
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon paprika

- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 pounds sole fillets
- ☐ 4 ounces swiss cheese shredded divided

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Rinse fillets, and pat dry; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Combine 3 tablespoons flour and paprika; dredge fillets in flour mixture.
- ☐ Saute one-third of fillets in 1 tablespoon butter in a skillet over medium heat 1 minute on each side or until opaque.
- ☐ Remove from skillet. Repeat procedure with remaining fillets and 2 tablespoons butter.
- ☐ Saute spinach in 2 tablespoons butter in a skillet over medium heat 1 minute.
- ☐ Melt 1/4 cup butter in a heavy saucepan over medium heat; add remaining 1/4 cup plus 1 tablespoon flour. Cook 1 minute, stirring constantly with a wire whisk.
- ☐ Add half-and-half. Cook, stirring constantly, until thickened.
- ☐ Add 1/2 cup Swiss cheese, lemon juice, and remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Stir 3/4 cup cheese sauce into spinach mixture.
- ☐ Spread in a greased 11- x 7- x 1 1/2-inch baking dish. Arrange fillets over spinach; pour remaining sauce over fillets.
- ☐ Combine remaining 1/2 cup Swiss cheese, breadcrumbs, Parmesan cheese, parsley, and remaining 1 tablespoon melted butter.
- ☐ Sprinkle over casserole.
- ☐ Bake at 375 for 15 minutes.

Nutrition Facts

PROTEIN 21.61% FAT 63.6% CARBS 14.79%

Properties

Glycemic Index:41.5, Glycemic Load:5.85, Inflammation Score:-10, Nutrition Score:27.706086531929%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 473.83kcal (23.69%), Fat: 33.81g (52.01%), Saturated Fat: 19.69g (123.08%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 15.62g (5.68%), Sugar: 4.07g (4.52%), Cholesterol: 138.96mg (46.32%), Sodium: 589.73mg (25.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.85g (51.7%), Vitamin K: 201.01µg (191.44%), Vitamin A: 6784.08IU (135.68%), Selenium: 46.74µg (66.77%), Phosphorus: 530.13mg (53.01%), Calcium: 371.67mg (37.17%), Vitamin B12: 2.08µg (34.6%), Folate: 105.55µg (26.39%), Vitamin B2: 0.43mg (25.3%), Manganese: 0.48mg (23.97%), Vitamin D: 3.18µg (21.22%), Vitamin E: 2.97mg (19.78%), Magnesium: 76.91mg (19.23%), Vitamin B1: 0.23mg (15.01%), Potassium: 510.11mg (14.57%), Zinc: 2.03mg (13.52%), Vitamin B6: 0.27mg (13.38%), Vitamin B3: 2.49mg (12.47%), Iron: 2.05mg (11.41%), Fiber: 2.07g (8.26%), Vitamin C: 6.1mg (7.4%), Copper: 0.14mg (6.96%), Vitamin B5: 0.68mg (6.82%)