



Sautéed Sole with Browned Butter and Capers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black divided freshly ground
- 3 tablespoons butter
- 1 tablespoon capers drained
- 2 teaspoons juice of lemon fresh
- 0.3 teaspoon salt
- 2 tablespoons shallots minced
- 24 ounce sole fillets

Equipment

frying pan

Directions

- Sprinkle fish evenly with salt and 1/8 teaspoon pepper.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add 2 fillets to pan; saut 1 1/2 minutes or until browned. Carefully turn fillets; saut 1 1/2 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- Place fillets on a plate; keep warm. Repeat procedure with cooking spray and remaining fillets.
- Melt butter in pan; cook 2 minutes or just until lightly browned.
- Add shallots to butter; saut 45 seconds, stirring frequently.
- Remove from heat; stir in remaining 1/8 teaspoon pepper, capers, and fresh lemon juice.
- Serve with fish.

Nutrition Facts

PROTEIN 43.45% **FAT 54.11%** **CARBS 2.44%**

Properties

Glycemic Index:28, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:11.05999999461%

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 Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 199.28kcal (9.96%), Fat: 11.83g (18.2%), Saturated Fat: 6.16g (38.47%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.47g (0.52%), Cholesterol: 99.12mg (33.04%), Sodium: 406.67mg (17.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.38g (42.75%), Selenium: 45.44µg (64.92%), Phosphorus: 434.76mg (43.48%), Vitamin B12: 1.94µg (32.33%), Vitamin D: 4.76µg (31.75%), Vitamin B6: 0.19mg (9.31%), Vitamin B3: 1.8mg (9%), Vitamin E: 1.34mg (8.93%), Potassium: 296.44mg (8.47%), Magnesium: 32.9mg (8.23%), Vitamin A: 322.32IU (6.45%), Calcium: 41.68mg (4.17%), Zinc: 0.58mg (3.89%), Vitamin B5: 0.35mg (3.46%), Folate: 11.5µg (2.88%), Manganese: 0.06mg (2.83%), Vitamin B1: 0.04mg (2.8%), Vitamin B2: 0.04mg (2.47%), Iron: 0.42mg (2.32%), Copper: 0.05mg (2.32%), Vitamin C: 1.45mg (1.76%), Vitamin K: 1.64µg (1.56%), Fiber: 0.26g (1.05%)