



food
network

Sole Almondine

READY IN



45 min.

SERVINGS



4

CALORIES



1054 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 cups blanched slivered almonds
- ☐ 4 eggs
- ☐ 0.3 flat-leaf parsley chopped
- ☐ 2 cups flour all-purpose
- ☐ 1 juice of lemon juiced
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 cup milk

- ☐ 4 servings olive oil extra-virgin
- ☐ 3 small shallots finely chopped
- ☐ 24 ounces sole fillets cleaned
- ☐ 4 tablespoons butter unsalted
- ☐ 1 cup white wine

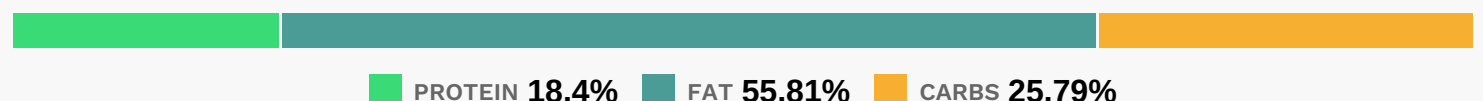
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Set a large nonstick saute pan over medium heat.
- ☐ Add the almonds and toast until golden brown, about 5 to 7 minutes. Season with salt and set aside.
- ☐ Return the pan to medium heat (if you have 2 pans you can work simultaneously at this point, i.e. 2 fillets per pan) and add a 2-count of olive oil and 1 tablespoon of butter to each pan.
- ☐ Put the flour in a shallow dish and season with salt and pepper, to taste. In another shallow dish, whisk together the eggs and milk and season with salt and pepper, to taste. Dredge the fillets in the seasoned flour, then dip them into the egg mixture. Allow some of the excess egg to drain off, then add them to the hot pan. Cook 2 pieces at a time. Fry for 1 1/2 to 2 minutes, then carefully turn the fish over to cook the other side. With a spoon, baste the fillets with the butter sauce. Repeat basting to ensure the fish remains moist. Once the other side is cooked (about 30 seconds) carefully remove the fillets from the pan to a serving platter. Repeat with remaining 2 fillets and a 2-count of oil and 1 tablespoon of butter. Once the fillets have been removed the pan, add the chopped shallots and gently saute over low heat until translucent, about 1 minute. Deglaze the pan with the white wine and finish with the lemon juice. Swirl in the remaining 2 tablespoons of butter.
- ☐ Add the parsley and season, to taste, with salt and pepper. To serve, spoon the sauce over the top of the fillets and sprinkle generously with the toasted almonds.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:36.61, Inflammation Score:-9, Nutrition Score:41.739565455395%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1053.7kcal (52.69%), Fat: 63.79g (98.14%), Saturated Fat: 14.63g (91.41%), Carbohydrates: 66.31g (22.1%), Net Carbohydrates: 58.6g (21.31%), Sugar: 8.02g (8.91%), Cholesterol: 277.64mg (92.55%), Sodium: 435.96mg (18.95%), Alcohol: 6.18g (100%), Alcohol %: 1.55% (100%), Protein: 47.33g (94.66%), Selenium: 83.27µg (118.96%), Vitamin E: 16.79mg (111.92%), Phosphorus: 930.98mg (93.1%), Manganese: 1.61mg (80.41%), Vitamin B2: 1.03mg (60.65%), Magnesium: 212.73mg (53.18%), Vitamin B1: 0.7mg (46.66%), Folate: 179.04µg (44.76%), Vitamin B12: 2.67µg (44.45%), Vitamin D: 6.52µg (43.49%), Vitamin B3: 7.56mg (37.82%), Copper: 0.73mg (36.72%), Iron: 6.25mg (34.7%), Fiber: 7.71g (30.83%), Calcium: 289.59mg (28.96%), Potassium: 966.6mg (27.62%), Zinc: 3.57mg (23.8%), Vitamin B6: 0.47mg (23.38%), Vitamin B5: 1.77mg (17.7%), Vitamin A: 753.75IU (15.08%), Vitamin K: 11.82µg (11.26%), Vitamin C: 4.49mg (5.44%)