



## Sole and Mushroom Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons cooking sherry
- ☐ 0.5 teaspoon tarragon dried
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 0.8 cup spring onion chopped
- ☐ 0.5 cup milk 1% low-fat ()
- ☐ 4 servings mushrooms

- ☐ 1.5 pounds potatoes – remove skin rinsed peeled cut into 1/2-inch cubes
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon soya sauce
- ☐ 0.3 cup swiss cheese shredded
- ☐ 1 pound sole rinsed

## Equipment

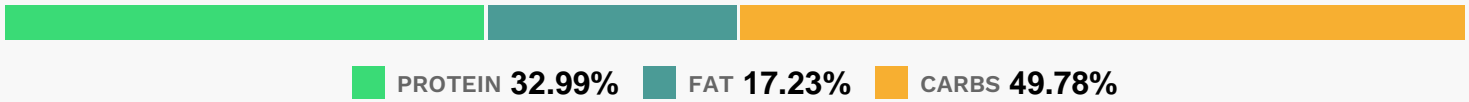
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ potato masher
- ☐ aluminum foil
- ☐ pastry bag

## Directions

- ☐ Pour one recipe's worth of Mushroom Essence through a fine strainer into a 4- to 5-quart pan; discard the ginger. Put mushrooms in a shallow 10- to 11-inch oval casserole (about 2 1/2 qt.).
- ☐ Add 1/2 cup green onions, capers, sherry, soy sauce, and ginger to mushrooms; mix and spread level.
- ☐ Lay sole fillets evenly over mixture, overlapping if necessary. Cover casserole tightly with foil.
- ☐ Bake sole in a 375 oven until fillets are opaque but still moist-looking in center of thickest part, about 15 minutes.
- ☐ While sole bakes, add potatoes and tarragon to mushroom broth. Bring to a boil over high heat; cover and simmer until potatoes are soft enough to mash easily, about 15 minutes.
- ☐ Drain potatoes in a strainer over a bowl.
- ☐ Pour liquid back into pan and put potatoes in the bowl.

- ☐ Uncover sole and drain juices into pan. Boil liquid over high heat until reduced to about 3/4 cup, 4 to 5 minutes. In a small bowl, blend cornstarch with 1 tablespoon water and stir into boiling liquid; stir until boiling again, and remove from heat. Turn oven to broil.
- ☐ Meanwhile, with a potato masher or a mixer, mash potatoes until smooth, adding enough milk for desired texture. Push sole and mushrooms toward center of casserole to leave a 1-inch space around the edge. Spoon potatoes (or pipe through a pastry bag with a large plain or star tip) into space.
- ☐ Pour sauce over sole mixture.
- ☐ Sprinkle potatoes with cheese.
- ☐ Broil about 4 inches from heat until cheese is very lightly browned, about 4 minutes.
- ☐ Sprinkle with remaining 1/4 cup green onions.
- ☐ Add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:51.5, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:19.29739129025%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg Quercetin: 10.01mg, Quercetin: 10.01mg, Quercetin: 10.01mg, Quercetin: 10.01mg

## Nutrients (% of daily need)

Calories: 258.6kcal (12.93%), Fat: 4.9g (7.54%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 28.26g (10.28%), Sugar: 4.29g (4.76%), Cholesterol: 58.78mg (19.59%), Sodium: 706.12mg (30.7%), Alcohol: 0.77g (100%), Alcohol %: 0.27% (100%), Protein: 21.1g (42.22%), Selenium: 34.01µg (48.58%), Phosphorus: 475.13mg (47.51%), Vitamin K: 45µg (42.85%), Potassium: 1088.17mg (31.09%), Vitamin B12: 1.67µg (27.76%), Vitamin D: 3.5µg (23.34%), Vitamin B6: 0.46mg (22.78%), Vitamin C: 18.5mg (22.42%), Magnesium: 72.43mg (18.11%), Vitamin B3: 3.54mg (17.72%), Manganese: 0.34mg (17.19%), Calcium: 157.84mg (15.78%), Copper: 0.3mg (14.82%), Fiber: 3.59g (14.36%), Vitamin B1: 0.2mg (13.06%), Folate: 52.2µg (13.05%), Iron: 2.02mg (11.23%), Vitamin B2: 0.17mg (10.19%), Zinc: 1.48mg (9.85%), Vitamin B5: 0.87mg (8.71%), Vitamin A: 366.13IU (7.32%), Vitamin E: 0.92mg (6.12%)