



Sole Fillets with Spring Onion "Hay"



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings canola oil
- ☐ 8 green onions trimmed halved lengthwise
- ☐ 1.5 tablespoons juice of lemon
- ☐ 1.5 tablespoons juice of lime
- ☐ 1 teaspoon mirin
- ☐ 4 fillet petrale sole (1 lb. total)
- ☐ 2 tablespoons soya sauce

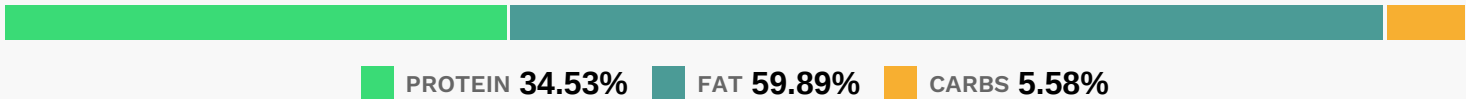
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ tongs

Directions

- ☐ Heat 1/4 in. oil in a large frying pan over medium-high heat. Fry onions in 2 batches until light golden and crisp, turning once with tongs, about 5 minutes per batch.
- ☐ Drain on paper towels.
- ☐ Meanwhile, whisk together citrus juices, soy sauce, and mirin in a small bowl.
- ☐ Pour off all but a film of oil from frying pan. Fry fish in batches until cooked through, 2 minutes per side.
- ☐ Transfer fish to plates and pat off oil with a paper towel.
- ☐ Drizzle with some citrus sauce and top with spring onions.
- ☐ Serve with remaining sauce.
- ☐ *Find fat-bulbed spring onions (regular onions picked young) at farmers' markets and Latino markets.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:15.593912912452%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 260.32kcal (13.02%), Fat: 17.35g (26.7%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 2.9g (1.06%), Sugar: 1.24g (1.38%), Cholesterol: 76.5mg (25.5%), Sodium: 654.01mg (28.44%), Alcohol: 0.13g (100%), Alcohol %: 0.07% (100%), Protein: 22.51g (45.02%), Selenium: 45.45µg (64.92%), Vitamin K: 59.87µg (57.01%), Phosphorus: 450.22mg (45.02%), Vitamin B12: 1.92µg (32.02%), Vitamin D: 4.76µg (31.73%), Vitamin E: 3.67mg (24.49%), Vitamin B3: 2.26mg (11.31%), Potassium: 369.7mg (10.56%), Vitamin B6: 0.2mg (10.2%), Vitamin C: 8.38mg (10.15%), Magnesium: 39.79mg (9.95%), Folate: 27.17µg (6.79%), Vitamin A: 298.53IU (5.97%), Calcium: 55.9mg (5.59%), Manganese: 0.11mg (5.44%), Iron: 0.88mg (4.92%), Zinc: 0.68mg (4.56%), Vitamin B2: 0.07mg (4.03%), Vitamin B1: 0.06mg (3.91%), Vitamin B5: 0.38mg (3.81%), Copper: 0.07mg (3.34%), Fiber: 0.74g (2.94%)