



Sole Meuniere

READY IN



20 min.

SERVINGS



4

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 3 sprigs thyme leaves fresh
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 servings olive oil extra-virgin
- ☐ 4 fillet sole

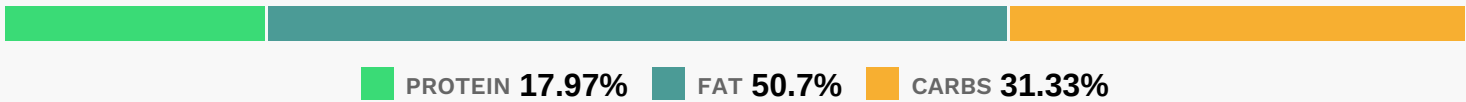
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 200 degrees F.
- ☐ Generously coat a large saute pan with olive oil and bring to a high heat. Season 2 of the fillets with salt. Dredge the fillets in flour and place them immediately in the pan with the hot oil. Do not flour the fish ahead of time or it will be gummy and mushy on the outside rather than crispy.
- ☐ When the fish has turned from translucent to opaque, about 2/3 of the way through the cooking, turn the fish over and cook on the other side.
- ☐ Remove the fish from the pan and reserve on a sheet tray in the oven. Repeat the process with the remaining 2 fish fillets. Keep the cooked fish fillets warm in the oven while you make the sauce.
- ☐ Remove any excess oil from the pan.
- ☐ Add the butter and thyme leaves. Shake the pan frequently to prevent scorching. When the butter has melted and is very bubbly, add in the lemon juice and whisk to combine. As the butter becomes bubbly again and starts to turn a nutty brown, season with salt and whisk in the chopped parsley. Taste to make sure it is delicious.
- ☐ Remove the fish fillets from the oven and plate them, spooning the sauce over the fish.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:34.58, Inflammation Score:-9, Nutrition Score:24.355217290961%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 624.59kcal (31.23%), Fat: 34.98g (53.82%), Saturated Fat: 13.58g (84.9%), Carbohydrates: 48.64g (16.21%), Net Carbohydrates: 46.71g (16.98%), Sugar: 0.4g (0.45%), Cholesterol: 121.65mg (40.55%), Sodium: 470.29mg (20.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.89g (55.79%), Selenium: 66.63µg (95.18%), Vitamin K: 71.76µg (68.34%), Phosphorus: 504.51mg (50.45%), Vitamin B1: 0.53mg (35.63%), Folate: 131.04µg (32.76%), Vitamin B12: 1.96µg (32.61%), Vitamin D: 4.76µg (31.73%), Vitamin B3: 5.54mg (27.68%), Vitamin E: 3.65mg (24.34%), Manganese: 0.47mg (23.52%), Vitamin B2: 0.36mg (21.07%), Iron: 3.66mg (20.33%), Vitamin A: 932.87IU (18.66%), Magnesium: 48.3mg (12.08%), Vitamin C: 9.09mg (11.02%), Potassium: 377.16mg (10.78%), Vitamin B6: 0.2mg (10.21%), Fiber: 1.94g (7.76%), Zinc: 1.06mg (7.06%), Copper: 0.13mg (6.67%), Vitamin B5: 0.64mg (6.39%), Calcium: 59.04mg (5.9%)