

Sole Meunière



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon lemon zest
- ☐ 2 servings parsley for garnish
- ☐ 2 tablespoons wine

Equipment

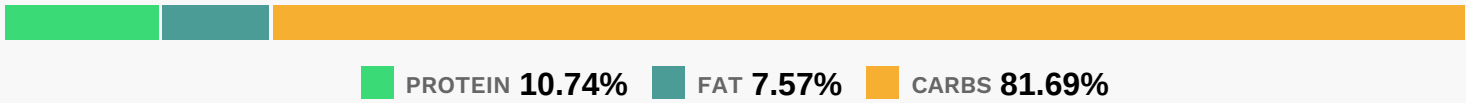
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

☐ spatula

Directions

- ☐ Pat the fish dry with paper towels. Generously salt and pepper both sides of the fillet and then lightly dust all surfaces of the fish with flour.
- ☐ Add 2 tablespoons of the butter to a frying pan and heat over medium heat until the pan is hot and the butter has melted.
- ☐ Add the sole and fry on one side until cooked about half way through (the cooked part will appear opaque if you look at the side of the fillet). Carefully flip using 2 spatulas and fry until cooked through.To make the Meunière sauce, transfer the fish to a plate, then add the shallots to the butter. Fry until the shallots are tender and starting to brown.
- ☐ Add the white wine and boil until most of the liquid is gone. Finish the sauce by whisking in the lemon juice and zest along with the last tablespoon of butter.
- ☐ Pour the Meunière sauce over the fish.
- ☐ Garnish with parsley and serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:4.0352173334231%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 15.63kcal (0.78%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 1.03g (0.38%), Sugar: 0.39g (0.43%), Cholesterol: 0mg (0%), Sodium: 3.1mg (0.13%), Alcohol: 1.54g

(100%), Alcohol %: 7.25% (100%), Protein: 0.16g (0.33%), Vitamin K: 65.66µg (62.53%), Vitamin C: 8.87mg (10.75%), Vitamin A: 337.66IU (6.75%), Folate: 7.8µg (1.95%), Iron: 0.3mg (1.66%), Manganese: 0.02mg (1.24%), Potassium: 41.33mg (1.18%), Magnesium: 4.03mg (1.01%)