



Sole meunière

READY IN



12 min.

SERVINGS



4

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tbsp flour plain
- ☐ 3 tbsp olive oil light
- ☐ 85 g butter unsalted
- ☐ 1 juice of lemon
- ☐ 2 tbsp caper
- ☐ 4 plaice

Equipment

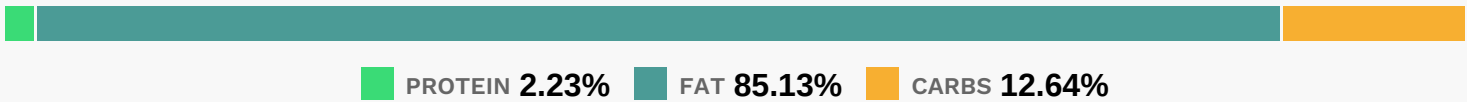
- ☐ bowl

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Check the fish for small bones and pull any out with tweezers. In a large shallow bowl, season the flour with a little salt and black pepper. Toss the fish in the flour, coating well, and shake off any excess.
- ☐ Heat the oil in a large frying pan.
- ☐ Add the fish and cook, skin-side down, for 2 mins. Use a fish slice or large spatula to turn, then cook the other side for 1-2 mins until golden.
- ☐ Remove the fish to a warmed plate, then season. Wipe out the pan with kitchen paper. Return the pan to the heat, then add the butter.
- ☐ Heat until it melts and begins to turn a light brown, then mix in the lemon juice and capers, if using. Swirl in the pan for a few secs, return fish to the pan and spoon over any juices.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:6.21, Inflammation Score:-4, Nutrition Score:3.7017390831657%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 5.65mg, Kaempferol: 5.65mg, Kaempferol: 5.65mg, Kaempferol: 5.65mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 289.64kcal (14.48%), Fat: 27.92g (42.95%), Saturated Fat: 12.4g (77.5%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 8.86g (3.22%), Sugar: 0.25g (0.28%), Cholesterol: 46.41mg (15.47%), Sodium: 122.71mg (5.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Vitamin E: 2.06mg (13.74%), Vitamin A: 537.42IU (10.75%), Vitamin K: 8.9µg (8.48%), Selenium: 4.41µg (6.29%), Vitamin B1: 0.09mg (6.24%), Folate: 23.85µg (5.96%), Vitamin B2: 0.07mg (4.2%), Manganese: 0.08mg (4.1%), Vitamin B3: 0.76mg (3.82%), Vitamin C: 3.09mg (3.74%),

Iron: 0.66mg (3.69%), Vitamin D: 0.33µg (2.19%), Phosphorus: 20mg (2%), Copper: 0.04mg (1.86%), Fiber: 0.46g (1.86%), Magnesium: 4.97mg (1.24%)