# Sole Meuniere with Balsamic Brown Butter Sauce

| READY IN | SERVINGS | CALORIES |
| --- | --- | --- |
| 40 min. | 4 | 524 kcal |

LUNCH | MAIN COURSE | MAIN DISH | DINNER

## Ingredients

- [ ] 1 tablespoons balsamic vinegar to taste
- [ ] 6 tablespoons butter
- [ ] 1 cup flour
- [ ] 1 slices optional: lemon for garnish
- [ ] 2 cups milk
- [ ] 2 tablespoons olive oil
- [ ] 4 tablespoons parsley finely chopped
- [ ] 4 servings salt

- [ ] 4 servings salt and pepper black freshly ground
- [ ] 24 ounce sole fillets skinless

## Equipment

- [ ] frying pan

## Directions

- [ ] Soak fillets in milk for 20 minutes.
- [ ] Remove from milk and pat dry.
- [ ] Season fillets with salt and pepper.
- [ ] Heat 1 tablespoon oil over moderate heat in each of 2 large saute pans until hot.
- [ ] Put flour into a shallow dish and season with salt and pepper. Dredge fillets in flour, shaking off any excess flour. Dip the fillets back into the milk and then again into the flour.
- [ ] Place fillets in saute pans and cook over medium heat for 2 to 3 minutes per side, until golden brown and crispy.
- [ ] Transfer fillets from pans to a platter, sprinkle with parsley.
- [ ] Wipe the skillet clean and add the butter.
- [ ] Heat until the butter begins to brown.
- [ ] Remove from heat and stir in balsamic vinegar.
- [ ] Pour sauce over fish and serve.
- [ ] Garnish with lemon slices.

## Nutrition Facts

PROTEIN **21.98%** FAT **54.43%** CARBS **23.59%**

### Properties

Glycemic Index:83.63, Glycemic Load:19.86, Inflammation Score:-8, Nutrition Score:23.542609173319%

### Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg,

Naringenin: 0.01mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 524.44kcal (26.22%), Fat: 31.57g (48.57%), Saturated Fat: 14.84g (92.73%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 29.71g (10.8%), Sugar: 6.64g (7.38%), Cholesterol: 136.33mg (45.44%), Sodium: 323.17mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.36%), Selenium: 58.39µg (83.41%), Vitamin K: 72.24µg (68.8%), Phosphorus: 594.33mg (59.43%), Vitamin B12: 2.62µg (43.61%), Vitamin D: 6.1µg (40.7%), Vitamin B1: 0.36mg (23.76%), Vitamin A: 1117IU (22.34%), Vitamin B2: 0.37mg (21.68%), Calcium: 203.52mg (20.35%), Vitamin B3: 3.81mg (19.04%), Folate: 72.63µg (18.16%), Vitamin E: 2.68mg (17.88%), Potassium: 525.42mg (15.01%), Manganese: 0.28mg (13.97%), Magnesium: 55.51mg (13.88%), Vitamin B6: 0.26mg (13.05%), Iron: 2.11mg (11.7%), Vitamin B5: 0.95mg (9.52%), Zinc: 1.33mg (8.88%), Vitamin C: 6.25mg (7.57%), Copper: 0.09mg (4.44%), Fiber: 1.08g (4.3%)