



## Sole Piccata

 Popular

READY IN



20 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound fish fillets skinless thin
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon ground pepper black finely
- ☐ 0.3 cup flour for dredging
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 0.5 cup cooking wine dry white (such as Sauvignon blanc or pinot grigio)
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup capers

- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons butter

## Equipment

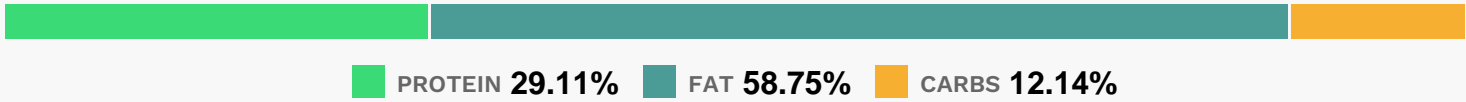
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wooden spoon

## Directions

- ☐ Dredge fillets in flour: Rinse the fish in cold water and pat them dry. In a small bowl, whisk together the flour, salt, and pepper. Then place the flour mixture in a long shallow bowl or dish. Dredge the fillets in the flour so that both sides are lightly coated.
- ☐ Heat the olive oil over medium-high heat in a large stick-free sauté pan.
- ☐ When the oil is hot (add a little pinch of flour to the oil, and if it sizzle immediately, you're ready), work in batches and place the fish fillets in the pan in one layer and fry until golden, about 2 minutes per side.
- ☐ Add more oil to the pan if needed.
- ☐ Remove fish to a paper-towel lined plate: Once browned on both sides, remove the fish fillets from the pan, set them on a paper towel-lined plate (or keep them warm in a 200°F oven).
- ☐ Deglaze pan with wine:
- ☐ Add the white wine to the pan and use a wooden spoon to scrape up any browned bits from the bottom of the pan.
- ☐ Let the wine boil furiously for a minute or two, until greatly reduced, then add the lemon juice and capers. Boil another minute.
- ☐ Swirl in butter: Turn off the heat.
- ☐ Add 1 Tbsp of butter to the pan, swirling it constantly. When it melts, repeat the process with the other tablespoon of butter.
- ☐ Serve: Stir in half of the parsley and pour it over the fish.

- ☐ Sprinkle the fish with the remaining parsley.
- ☐ Serve at once.

# Nutrition Facts



## Properties

Glycemic Index:47.25, Glycemic Load:5.85, Inflammation Score:-7, Nutrition Score:16.970869416776%

## 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: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 14.42mg, Kaempferol: 14.42mg, Kaempferol: 14.42mg, Kaempferol: 14.42mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 18.91mg, Quercetin: 18.91mg, Quercetin: 18.91mg, Quercetin: 18.91mg

## Nutrients (% of daily need)

Calories: 351.39kcal (17.57%), Fat: 21.86g (33.64%), Saturated Fat: 6.25g (39.06%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 9.26g (3.37%), Sugar: 0.3g (0.33%), Cholesterol: 71.75mg (23.92%), Sodium: 990.97mg (43.09%), Alcohol: 3.1g (100%), Alcohol %: 1.98% (100%), Protein: 24.37g (48.75%), Selenium: 51.17µg (73.1%), Vitamin K: 75.55µg (71.95%), Vitamin B12: 1.8µg (30.06%), Vitamin B3: 5.18mg (25.88%), Vitamin D: 3.52µg (23.44%), Phosphorus: 210.37mg (21.04%), Vitamin E: 2.78mg (18.53%), Folate: 56.29µg (14.07%), Potassium: 395.07mg (11.29%), Vitamin A: 509.11IU (10.18%), Vitamin C: 8.36mg (10.13%), Magnesium: 39.85mg (9.96%), Vitamin B6: 0.2mg (9.96%), Manganese: 0.19mg (9.68%), Iron: 1.67mg (9.29%), Vitamin B1: 0.14mg (9.08%), Vitamin B2: 0.15mg (8.6%), Copper: 0.15mg (7.74%), Vitamin B5: 0.64mg (6.4%), Fiber: 0.9g (3.62%), Zinc: 0.54mg (3.6%), Calcium: 27.3mg (2.73%)