



Sole with Anchovy Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 fillet anchovy
- 3 teaspoons blanched almonds and finely chopped
- 1.5 tablespoons butter fresh
- 2 teaspoons chives finely chopped
- 6 tablespoons ghee
- 0.5 cup cooking wine dry white
- 4 servings flour
- 2 lemon soles whole black
- 1 tablespoon plum brandy

- 12 oregano leaves or dried fresh
- 2 teaspoons parsley finely chopped
- 4 servings salt and pepper black

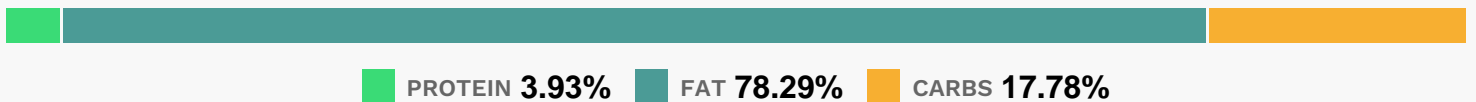
Equipment

- frying pan
- sauce pan
- oven

Directions

- Season fish with salt and pepper and roll in flour.
- Place clarified butter in heated pan and add floured fish. Cook gently for four minutes.
- Place 1 1/2 tablespoons fresh butter in a saucepan and add 4 anchovy fillets. Smash anchovies into the butter and allow butter to foam, then draw away from heat and mix anchovies well into butter.
- Add chives, parsley, oregano leaves and blanched almonds to anchovy butter. Moisten with white wine and marsala. Bring to a boil.
- Place soles on a warmed serving dish slightly overlapping them, and nap with the sauce.

Nutrition Facts



Properties

Glycemic Index:61.88, Glycemic Load:5.2, Inflammation Score:-10, Nutrition Score:7.9908694935882%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 3.57mg, Malvidin: 3.57mg, Malvidin: 3.57mg, Malvidin: 3.57mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.19mg, Hesperetin: 15.19mg, Hesperetin: 15.19mg, Hesperetin: 15.19mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.03mg,

Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 339.36kcal (16.97%), Fat: 28.78g (44.27%), Saturated Fat: 16.88g (105.47%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 11.4g (4.15%), Sugar: 2.22g (2.47%), Cholesterol: 71.29mg (23.76%), Sodium: 236.59mg (10.29%), Alcohol: 3.66g (100%), Alcohol %: 3.46% (100%), Protein: 3.25g (6.5%), Vitamin C: 29.05mg (35.21%), Vitamin K: 21.05µg (20.05%), Manganese: 0.32mg (15.85%), Fiber: 3.3g (13.2%), Iron: 2.11mg (11.71%), Vitamin E: 1.49mg (9.95%), Calcium: 80.94mg (8.09%), Folate: 29.66µg (7.42%), Magnesium: 27.43mg (6.86%), Vitamin B3: 1.35mg (6.74%), Selenium: 4.56µg (6.51%), Vitamin B1: 0.1mg (6.44%), Vitamin B2: 0.1mg (6.05%), Potassium: 183.24mg (5.24%), Vitamin B6: 0.1mg (5.14%), Phosphorus: 49.89mg (4.99%), Copper: 0.09mg (4.65%), Vitamin A: 222.29IU (4.45%), Zinc: 0.37mg (2.47%), Vitamin B5: 0.22mg (2.21%)