

Sole with Bananas

READY IN



45 min.

SERVINGS



6

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bananas sliced lengthwise
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup milk
- ☐ 0.3 cup parmesan cheese grated
- ☐ 6 servings salt and pepper to taste
- ☐ 24 ounce fillets sole
- ☐ 0.5 cup white wine

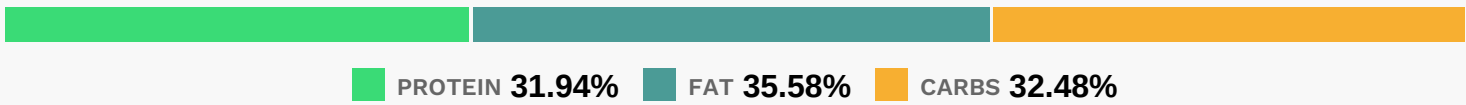
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium saucepan over medium heat, blend the butter, flour, and milk. Cook, stirring constantly, until a thick sauce has formed.
- ☐ Arrange sole in a single layer in a medium baking dish, and cover with the wine and lime juice. Season with salt and pepper.
- ☐ Pour 1/2 the sauce over the fish. Arrange bananas over the fish, and cover with remaining sauce.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Bake 25 minutes in the preheated oven, until the cheese is lightly browned and the fish is easily flaked with a fork.
- ☐ Drain any of the remaining wine and lime juice mixture before serving.

Nutrition Facts



Properties

Glycemic Index:38.8, Glycemic Load:8.02, Inflammation Score:-5, Nutrition Score:11.95217396902%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 229.49kcal (11.47%), Fat: 8.65g (13.31%), Saturated Fat: 4.37g (27.31%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 16.18g (5.88%), Sugar: 9.44g (10.49%), Cholesterol: 69.57mg (23.19%), Sodium: 405.73mg (17.64%), Alcohol: 2.06g (100%), Alcohol %: 1.05% (100%), Protein: 17.48g (34.95%), Selenium: 33.48µg (47.83%), Phosphorus: 373mg (37.3%), Vitamin B12: 1.57µg (26.09%), Vitamin D: 3.64µg (24.29%), Vitamin B6: 0.37mg (18.42%), Potassium: 483.87mg (13.82%), Calcium: 117.54mg (11.75%), Magnesium: 45.45mg (11.36%), Manganese: 0.21mg (10.68%), Vitamin B2: 0.15mg (8.69%), Vitamin B3: 1.72mg (8.61%), Vitamin C: 6.63mg (8.04%), Fiber: 1.59g (6.35%), Vitamin E: 0.94mg (6.23%), Vitamin B5: 0.6mg (5.98%), Vitamin A: 296.22IU (5.92%), Zinc: 0.84mg (5.6%), Vitamin B1: 0.08mg (5.3%), Folate: 20.85µg (5.21%), Copper: 0.07mg (3.69%), Iron: 0.5mg (2.75%)