



Sole with Brown Butter, Beets, and Capers

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



1157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beets diced cooked peeled finely
- ☐ 0.5 cup capers dried rinsed
- ☐ 2 servings pepper black freshly ground
- ☐ 4 teaspoons juice of lemon for serving cut into wedges
- ☐ 2 lemon sole whole
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 3 tablespoons parsley chopped
- ☐ 0.5 cup rice flour

☐ 6 tablespoons butter unsalted

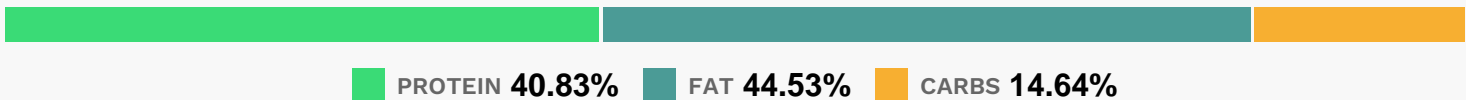
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ spatula

Directions

- ☐ Combine beets, capers, and parsley in a medium bowl.
- ☐ Add olive oil and 1 teaspoon lemon juice. Season to taste with salt and pepper and toss to combine. Set aside. Preheat the oven to 250°F. Season the fish with salt and pepper on both sides.
- ☐ Place rice flour in a shallow bowl and dredge fish on both sides.
- ☐ Melt 4 tablespoons of butter in a large nonstick skillet over medium-low heat, swirling gently until solids are pale golden brown and butter has a nutty aroma. Shake excess flour off of fish and gently add to pan. Cook, swirling the pan gently, until well-browned on first side, about 5 minutes. Carefully flip the fish using two thin metal spatulas and cook on second side until browned, about 5 minutes longer.
- ☐ Transfer fish to a paper towel-lined plate to drain slightly, then set on warmed serving platter and set in oven while you make the sauce.
- ☐ Add remaining butter to skillet and cook over medium heat until nutty brown. Off heat, add remaining tablespoon lemon juice and swirl pan to emulsify. Season brown butter with salt and pepper and pour over fish on serving platter. Top with beet and caper salad and serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:98, Glycemic Load:24.16, Inflammation Score:-10, Nutrition Score:46.661739349365%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 57.55mg, Kaempferol: 57.55mg, Kaempferol: 57.55mg, Kaempferol: 57.55mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 75.63mg, Quercetin: 75.63mg, Quercetin: 75.63mg, Quercetin: 75.63mg

Nutrients (% of daily need)

Calories: 1156.81kcal (57.84%), Fat: 56.57g (87.03%), Saturated Fat: 26.38g (164.9%), Carbohydrates: 41.85g (13.95%), Net Carbohydrates: 37.33g (13.58%), Sugar: 5.15g (5.73%), Cholesterol: 495.3mg (165.1%), Sodium: 2001.66mg (87.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 116.69g (233.38%), Selenium: 246.88µg (352.69%), Phosphorus: 2353.29mg (235.33%), Vitamin D: 25.83µg (172.2%), Vitamin B12: 10.24µg (170.69%), Vitamin K: 115.71µg (110.2%), Vitamin B6: 1.12mg (56.18%), Vitamin B3: 11.01mg (55.07%), Magnesium: 210.69mg (52.67%), Vitamin E: 7.74mg (51.58%), Potassium: 1763.89mg (50.4%), Manganese: 0.89mg (44.45%), Vitamin A: 1935.98IU (38.72%), Folate: 143.18µg (35.79%), Zinc: 3.69mg (24.57%), Calcium: 240.82mg (24.08%), Copper: 0.46mg (22.81%), Vitamin B5: 2.19mg (21.95%), Vitamin C: 17.06mg (20.68%), Vitamin B1: 0.29mg (19.46%), Iron: 3.46mg (19.2%), Fiber: 4.52g (18.07%), Vitamin B2: 0.3mg (17.54%)