



Sole with Creamed Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 cup plum brandy dry white
- ☐ 0.5 pound mushrooms minced
- ☐ 4 servings salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 0.5 cup swiss cheese shredded
- ☐ 0.8 cup whipping cream

☐ 1 pound boned (8 of equal size)

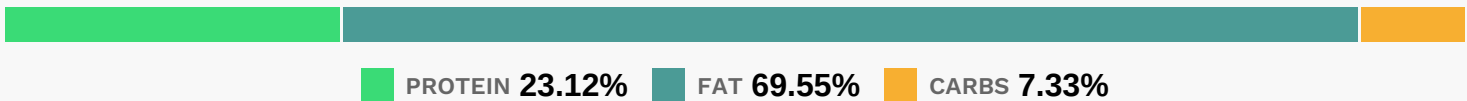
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ In a 10- to 12-inch frying pan over high heat, stir mushrooms and shallots in butter until mushrooms are browned, about 10 minutes.
- ☐ Add thyme, marsala, and cream. Stirring often, boil until mixture is pale gold color and there is no free-flowing liquid, 6 to 7 minutes.
- ☐ Let cool to room temperature.
- ☐ Rinse sole, pat dry, and lay fillets flat. Spoon mushroom mixture equally onto fillets and spread to coat evenly.
- ☐ Roll fillets from narrow end and set seam down on a sheet of foil (about 9 by 13 in.).
- ☐ Set foil with fish on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds). Cover with lid (open vents for charcoal). Cook until sole is opaque but moist-looking in thickest part (cut to test), about 8 minutes. The last 2 minutes, sprinkle cheese evenly on fish.
- ☐ Slide a rimless baking sheet under foil and lift from grill. With a wide spatula, transfer sole to plates; scrape any drippings from foil and spoon onto fish.
- ☐ Garnish with thyme sprigs.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:15.494782841724%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 382.55kcal (19.13%), Fat: 28.34g (43.59%), Saturated Fat: 14.42g (90.15%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 5.63g (2.05%), Sugar: 3.88g (4.31%), Cholesterol: 114.01mg (38%), Sodium: 394.85mg (17.17%), Alcohol: 3.09g (100%), Alcohol %: 1.4% (100%), Protein: 21.19g (42.38%), Selenium: 41.05µg (58.65%), Phosphorus: 454.03mg (45.4%), Vitamin B12: 1.79µg (29.84%), Vitamin D: 4µg (26.68%), Vitamin B2: 0.39mg (22.7%), Vitamin A: 1061.19IU (21.22%), Calcium: 187.87mg (18.79%), Vitamin B3: 3.33mg (16.66%), Potassium: 488.4mg (13.95%), Vitamin B6: 0.26mg (13.12%), Vitamin B5: 1.29mg (12.93%), Copper: 0.23mg (11.43%), Magnesium: 39.69mg (9.92%), Zinc: 1.46mg (9.72%), Vitamin E: 1.44mg (9.63%), Manganese: 0.13mg (6.61%), Vitamin B1: 0.09mg (6.2%), Folate: 24.05µg (6.01%), Iron: 0.96mg (5.36%), Fiber: 1.09g (4.35%), Vitamin K: 4.11µg (3.92%), Vitamin C: 2.72mg (3.29%)