



Sole with Grapefruit-Thyme Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 6 tablespoons butter cut into pieces
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 tablespoon ginger fresh grated
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 pink grapefruit
- ☐ 1 tablespoon olive oil

- ☐ 2 tablespoons rice wine vinegar
- ☐ 4 servings salt
- ☐ 18 ounce sole fillets

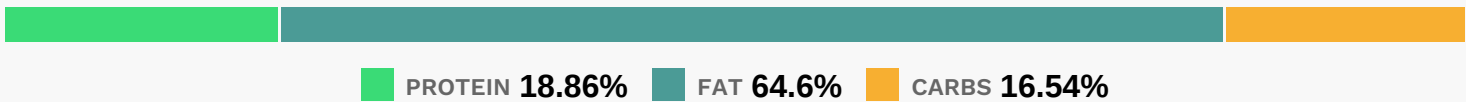
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Grate zest from 1 grapefruit to make 1/2 teaspoon; set aside. Peel and section grapefruit, and set aside. Juice remaining grapefruit to make 1/4 cup juice; set aside.
- ☐ Heat oil and 1 tablespoon butter in a large skillet over medium heat.
- ☐ Sprinkle fillets with salt and pepper. Cook in batches, adding more oil if necessary, 2 minutes on each side or until done.
- ☐ Transfer to a plate, cover, and keep warm.
- ☐ Combine reserved grapefruit juice, wine, and next 3 ingredients. Bring to a boil over high heat, and cook until reduced to about 1/4 cup.
- ☐ Remove from heat; whisk in 6 tablespoons butter. Stir in reserved grapefruit sections and zest. Season to taste with salt and pepper.
- ☐ Serve fillets topped with Grapefruit–Thyme Butter.
- ☐ Wine pairing: A Fum Blanc, Sauvignon Blanc, or crisp Chardonnay will complement any citrus–seafood dishes (perhaps served with a tossed green salad and crusty French bread) for a light, refreshing supper.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:3.12, Inflammation Score:-9, Nutrition Score:14.729999915413%

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: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 41.89mg, Naringenin: 41.89mg, Naringenin: 41.89mg, Naringenin: 41.89mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 377.86kcal (18.89%), Fat: 26.04g (40.05%), Saturated Fat: 13.67g (85.45%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 12.81g (4.66%), Sugar: 9.16g (10.17%), Cholesterol: 110.08mg (36.69%), Sodium: 456.68mg (19.86%), Alcohol: 3.09g (100%), Alcohol %: 1.21% (100%), Protein: 17.1g (34.21%), Vitamin C: 40.82mg (49.48%), Selenium: 34.4µg (49.14%), Vitamin A: 2150.66IU (43.01%), Phosphorus: 357.41mg (35.74%), Vitamin B12: 1.48µg (24.72%), Vitamin D: 3.57µg (23.81%), Vitamin E: 2.05mg (13.65%), Potassium: 415.97mg (11.88%), Vitamin B6: 0.21mg (10.67%), Magnesium: 39.78mg (9.95%), Fiber: 2.18g (8.71%), Vitamin B3: 1.65mg (8.27%), Calcium: 66.91mg (6.69%), Vitamin B5: 0.62mg (6.19%), Folate: 24.49µg (6.12%), Vitamin B1: 0.09mg (5.77%), Manganese: 0.11mg (5.57%), Vitamin B2: 0.08mg (4.77%), Vitamin K: 4.24µg (4.03%), Zinc: 0.57mg (3.82%), Copper: 0.08mg (3.75%), Iron: 0.55mg (3.05%)