



Sole with Lemon Cream

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 0.3 cup flour
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon fresh-ground pepper black
- 0.8 cup heavy cream
- 1 tablespoon juice of lemon
- 0.5 lemon zest grated
- 0.8 teaspoon salt
- 2 pounds sole fillets

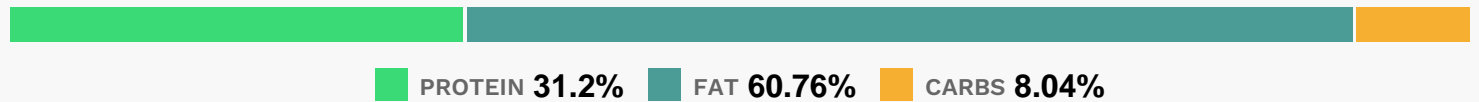
Equipment

- frying pan

Directions

- In a large nonstick frying pan, melt the butter over moderate heat.
- Sprinkle the sole with 1/2 teaspoon of the salt and the pepper. Dust the sole with the flour and shake off any excess.
- Put the sole in the pan and cook for 2 minutes. Turn and cook until just done, about 2 minutes longer.
- Remove the sole from the pan.
- Add the cream and lemon zest to the pan. Bring to a simmer and cook until starting to thicken, about 2 minutes. Stir in the remaining 1/4 teaspoon salt, the lemon juice, and parsley.
- Serve the sauce over the fish.
- Fish Alternatives: Other members of the flounder family, such as sand dab or fluke, will go well with the sauce, as will such mild fish fillets as trout, hake, or whiting.
- Wine Recommendation: A ripe, full-flavored chardonnay with oak overtones will be well suited to the richness of this creamy dish. Try a bottle from California or Australia.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:4.35, Inflammation Score:-7, Nutrition Score:18.80782601626%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 391.32kcal (19.57%), Fat: 26.27g (40.42%), Saturated Fat: 14.88g (93%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 7.42g (2.7%), Sugar: 1.47g (1.64%), Cholesterol: 167.53mg (55.84%), Sodium: 678.17mg (29.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.35g (60.71%), Selenium: 64.4µg (92%), Phosphorus: 609.27mg (60.93%), Vitamin D: 7.06µg (47.1%), Vitamin B12: 2.65µg (44.1%), Vitamin K: 35.17µg (33.5%), Vitamin A: 1075.52IU (21.51%), Vitamin B3: 2.89mg (14.43%), Vitamin E: 2.03mg (13.54%), Potassium: 433.2mg (12.38%), Vitamin B6: 0.25mg (12.34%), Magnesium: 47.37mg (11.84%), Vitamin B2: 0.17mg (10.21%), Calcium: 84.75mg (8.47%), Vitamin B1: 0.12mg (8.25%), Folate: 31.54µg (7.89%), Vitamin C: 5.35mg (6.48%), Zinc: 0.92mg (6.14%), Vitamin B5: 0.59mg (5.92%), Iron: 0.97mg (5.36%), Manganese: 0.11mg (5.31%), Copper: 0.07mg (3.28%), Fiber: 0.4g (1.6%)