



Sole with Orange Brown Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings coarse salt and pepper black freshly ground to taste
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 1 large shallots minced
- ☐ 1 pound sole fillets
- ☐ 6 tablespoons butter unsalted
- ☐ 3 tablespoons vegetable oil

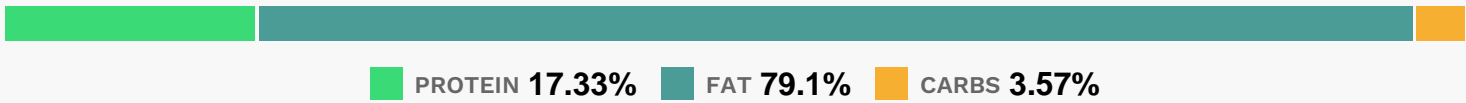
Equipment

- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Season the fillets with the salt and pepper and dredge them in the flour. Shake off any excess flour. Put half of the oil in a large sauté pan over high heat. When the oil is hot but not smoking, sauté the fish on one side for 3 minutes. Then flip and cook on the other side until just done, 1 to 2 minutes; the fillets should be golden brown and just cooked through.
- ☐ Transfer them to a platter and keep them warm in a 200°F oven while you make the sauce.
- ☐ Add the remaining oil and the butter to a sauté pan and cook over high heat until the butter starts to foam.
- ☐ Add the shallot. Cook until it is golden and the butter is a pale hazelnut brown, about 1 minute.
- ☐ Add the orange juice and cook for 1 minute more.
- ☐ Add the lemon juice. When the butter mixture starts to foam again, remove the pan from heat. Season with more salt and pepper, if desired.
- ☐ Put a piece of sole on each plate, drizzle with the brown butter, and serve immediately.
- ☐ Invest in a fish spatula. Longer and wider than a regular spatula, it's the tool you'll need to prevent fish from breaking when you turn or lift it in the pan.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:9.8617391793624%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 332.67kcal (16.63%), Fat: 29.47g (45.34%), Saturated Fat: 12.85g (80.32%), Carbohydrates: 3g (1%), Net Carbohydrates: 2.73g (0.99%), Sugar: 1.9g (2.11%), Cholesterol: 96.18mg (32.06%), Sodium: 95.13mg (4.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.06%), Selenium: 30.47µg (43.53%), Phosphorus: 297.65mg (29.76%), Vitamin D: 3.49µg (23.27%), Vitamin B12: 1.32µg (21.95%), Vitamin K: 20.57µg (19.59%), Vitamin E: 2.05mg (13.68%), Vitamin A: 594.23IU (11.88%), Vitamin C: 9.7mg (11.76%), Vitamin B6: 0.14mg (7.08%), Potassium: 243.54mg (6.96%), Vitamin B3: 1.27mg (6.34%), Magnesium: 24.25mg (6.06%), Folate: 13.84µg (3.46%), Calcium: 33.54mg (3.35%), Vitamin B1: 0.04mg (2.98%), Vitamin B5: 0.29mg (2.87%), Zinc: 0.42mg (2.78%), Manganese: 0.05mg (2.52%), Vitamin B2: 0.04mg (2.14%), Copper: 0.04mg (1.96%), Iron: 0.33mg (1.83%), Fiber: 0.27g (1.07%)