



Sole With Tarragon Cream Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup carrots diced
- 0.5 cup bottled clam juice
- 2.5 teaspoons cornstarch
- 0.5 cup cooking wine dry white
- 0.8 cup half-and-half fat-free
- 1 teaspoon tarragon fresh chopped
- 2 tablespoons 0%-less-fat cream sour (such as Breakstone)
- 0.3 teaspoon pepper divided

- 0.5 teaspoon salt divided
- 0.3 cup shallots chopped
- 24 ounce sole fillets ()
- 1 thyme sprig fresh

Equipment

- bowl
- frying pan
- whisk
- sieve
- slotted spoon

Directions

- Sprinkle sole fillets with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Roll up, starting with small end. Secure with wooden picks. Set aside.
- Combine white wine and next 4 ingredients in a large skillet.
- Add rolled up fish; bring to a simmer over medium heat. Cover, reduce heat to low, and simmer 5 minutes.
- Remove fillets with a slotted spoon; set aside, and keep warm.
- Increase heat to high, and cook wine mixture 5 minutes or until most of liquid is absorbed.
- Combine half-and-half and cornstarch, stirring well with a whisk.
- Add to mixture in skillet. Cook 2 minutes or until thickened, stirring constantly.
- Remove from heat; add sour cream, remaining 1/4 teaspoon salt, and 1/8 teaspoon pepper, stirring until thoroughly combined. Strain mixture through a sieve over a bowl; discard solids. Stir 1 teaspoon tarragon into sauce.
- Pour sauce over fish.
- Garnish with tarragon leaves, if desired.

Nutrition Facts



■ PROTEIN **46.63%** ■ FAT **19.69%** ■ CARBS **33.68%**

Properties

Glycemic Index:68.71, Glycemic Load:2.55, Inflammation Score:-10, Nutrition Score:18.168695553489%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 227.02kcal (11.35%), Fat: 4.43g (6.82%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 15.59g (5.67%), Sugar: 7.68g (8.53%), Cholesterol: 80.75mg (26.92%), Sodium: 604.3mg (26.27%), Alcohol: 3.09g (100%), Alcohol %: 1.2% (100%), Protein: 23.63g (47.26%), Vitamin A: 3750.64IU (75.01%), Selenium: 47.15µg (67.35%), Phosphorus: 533.22mg (53.32%), Vitamin B12: 2.2µg (36.6%), Vitamin D: 4.77µg (31.8%), Vitamin B6: 0.34mg (17.06%), Potassium: 578.81mg (16.54%), Magnesium: 52.31mg (13.08%), Calcium: 116.97mg (11.7%), Vitamin B2: 0.19mg (11.19%), Vitamin B3: 2.23mg (11.17%), Manganese: 0.22mg (10.96%), Vitamin E: 1.28mg (8.54%), Zinc: 1.17mg (7.82%), Vitamin B5: 0.71mg (7.1%), Vitamin B1: 0.1mg (6.75%), Vitamin C: 5.36mg (6.5%), Folate: 25.64µg (6.41%), Fiber: 1.48g (5.93%), Iron: 0.97mg (5.4%), Copper: 0.08mg (4.23%), Vitamin K: 3.59µg (3.42%)