



Sole with Wine Sauce

READY IN



45 min.

SERVINGS



2

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cooking wine dry white
- 1 tablespoon flour all-purpose
- 1.5 cups mushrooms fresh sliced
- 0.3 teaspoon garlic minced
- 0.1 teaspoon ground pepper white
- 1 teaspoon juice of lemon
- 1 teaspoon butter reduced-calorie
- 1 tablespoon parmesan cheese freshly grated
- 0.1 teaspoon salt

- 2 teaspoons shallots minced
- 0.3 cup skim milk divided
- 8 ounce sole fillets
- 0.5 ounce swiss cheese shredded reduced-fat

Equipment

- frying pan
- sauce pan
- oven
- whisk
- baking pan

Directions

- Arrange fillets in an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray.
- Sprinkle with salt and pepper.
- Pour wine and lemon juice over fillets. Cover and bake at 400 for 10 minutes.
- Drain fillets, reserving liquid.
- Melt margarine in a nonstick skillet over medium-high heat.
- Add shallots and garlic; saute until tender.
- Add mushrooms; saute until liquid evaporates.
- Combine 2 tablespoons milk and flour, stirring with a wire whisk until smooth.
- Place reserved liquid in a small saucepan over medium-high heat; cook until reduced by half.
- Add remaining milk to reduced liquid, stirring constantly.
- Add flour mixture to milk mixture, and bring to a boil; cook, stirring constantly, 1 minute or until wine sauce is thickened and bubbly.
- Spoon mushroom mixture over fillets; top with wine sauce, and sprinkle with cheeses.
- Bake, uncovered, at 375 for 10 minutes. Broil 5 1/2 inches from heat (with electric oven door partially opened) 2 minutes or until lightly browned.
- Serve immediately.

Nutrition Facts

PROTEIN 48.11% FAT 28.83% CARBS 23.06%

Properties

Glycemic Index:107.63, Glycemic Load:3.61, Inflammation Score:-5, Nutrition Score:15.134782684886%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 216.06kcal (10.8%), Fat: 5.59g (8.6%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 9.12g (3.32%), Sugar: 4.39g (4.88%), Cholesterol: 56.91mg (18.97%), Sodium: 342.38mg (14.89%), Alcohol: 6.18g (100%), Alcohol %: 2.55% (100%), Protein: 20.99g (41.97%), Selenium: 40.87µg (58.38%), Phosphorus: 467.72mg (46.77%), Vitamin B12: 1.7µg (28.37%), Vitamin B2: 0.43mg (25.27%), Vitamin D: 3.79µg (25.25%), Vitamin B3: 4.13mg (20.65%), Calcium: 178.79mg (17.88%), Potassium: 549.6mg (15.7%), Vitamin B5: 1.5mg (14.98%), Copper: 0.27mg (13.33%), Vitamin B6: 0.26mg (13.1%), Magnesium: 42.9mg (10.72%), Vitamin B1: 0.14mg (9.57%), Zinc: 1.42mg (9.46%), Manganese: 0.17mg (8.35%), Folate: 27.99µg (7%), Vitamin E: 0.82mg (5.49%), Iron: 0.97mg (5.42%), Vitamin A: 242.81IU (4.86%), Fiber: 0.93g (3.73%), Vitamin C: 2.79mg (3.38%)