



WHATSheATE



Sole-Wrapped Asparagus with Tangerine Beurre Blanc

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb asparagus
- ☐ 4 servings ground pepper
- ☐ 20 oz sushi-grade yellowtail flounder skinless
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots finely chopped
- ☐ 4 inch 1 tangerine fresh

- ☐ 0.5 cup tangerine juice fresh
- ☐ 0.5 cup butter unsalted cold cut into tablespoon pieces
- ☐ 0.5 cup water

Equipment

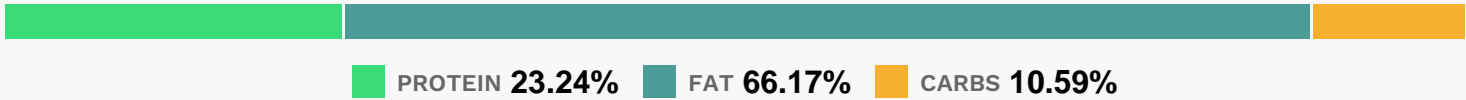
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F.
- ☐ Brush a 13- by 9-inch roasting pan with some of melted butter, then sprinkle shallot and zest in pan.
- ☐ Trim asparagus to about 7 inches long, then peel spears starting from 2 inches below tip of each.
- ☐ Arrange fish fillets, skinned sides up, on a work surface and season with salt and pepper.
- ☐ Lay 5 or 6 asparagus perpendicularly across 1 fillet and wrap fish around them to make a bundle. Repeat with remaining fillets and asparagus.
- ☐ Transfer bundles, seam sides down, to roasting pan and brush fish with remaining melted butter. Season with salt and pepper, then add water to pan. Cover pan tightly with foil and bake until fish is just cooked through and asparagus is crisp-tender, about 20 minutes.
- ☐ Boil tangerine juice with shallot in a 2-quart heavy saucepan over moderate heat until reduced to about 2 tablespoons, 4 to 5 minutes. Reduce heat to moderately low, then whisk in 1 tablespoon butter, whisking constantly.
- ☐ Add remaining butter, 1 tablespoon at a time, whisking constantly, adding each piece before previous one has completely melted, and lifting pan from heat occasionally to cool mixture.

- ☐
- Remove from heat and stir in salt, cayenne, and lemon juice.
- ☐
- Transfer fish with a slotted spatula to a platter and reserve pan juices. Cover fish with foil. Discard zest, then pour pan juices into a 10-inch skillet and boil over moderately high heat until reduced to about 2 tablespoons, about 2 minutes. Gradually whisk into beurre blanc.
- ☐
- Blot any liquid accumulated on platter with paper towels, then spoon sauce over fish.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:21.065652163132%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 5.57mg, Hesperetin: 5.57mg, Hesperetin: 5.57mg, Hesperetin: 5.57mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.94mg, Quercetin: 15.94mg, Quercetin: 15.94mg, Quercetin: 15.94mg

Nutrients (% of daily need)

Calories: 348.27kcal (17.41%), Fat: 26.31g (40.47%), Saturated Fat: 15.32g (95.75%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 6.35g (2.31%), Sugar: 5.89g (6.55%), Cholesterol: 124.79mg (41.6%), Sodium: 268.29mg (11.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.79g (41.58%), Selenium: 40.84µg (58.34%), Vitamin A: 2540.91IU (50.82%), Vitamin K: 50.93µg (48.5%), Phosphorus: 435.22mg (43.52%), Vitamin D: 4.39µg (29.3%), Vitamin B12: 1.65µg (27.5%), Vitamin E: 3.48mg (23.18%), Vitamin C: 18.08mg (21.91%), Folate: 71.95µg (17.99%), Iron: 2.94mg (16.34%), Potassium: 571.15mg (16.32%), Vitamin B6: 0.32mg (15.79%), Vitamin B1: 0.22mg (14.8%), Vitamin B3: 2.82mg (14.08%), Copper: 0.27mg (13.46%), Vitamin B2: 0.22mg (13.17%), Manganese: 0.26mg (13.02%), Fiber: 3.11g (12.46%), Magnesium: 48.63mg (12.16%), Zinc: 1.17mg (7.77%), Calcium: 75.19mg (7.52%), Vitamin B5: 0.66mg (6.56%)