



 **100%**
HEALTH SCORE

Spinach Stuffed Baked Sole

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



70 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 1 small eggplant diced
- 0.3 cup basil fresh chopped
- 9 ounce artichoke hearts frozen thawed
- 1 tablespoon garlic minced
- 4 servings salt and ground pepper fresh
- 4 servings salt and ground pepper fresh black
- 1 optional: lemon juiced cut into wedges and 1/2

- 3 tablespoons olive oil
- 0.5 teaspoon pepper flakes red
- 16 ounce stir-fry vegetables frozen thawed (recommended: Birds Eye)
- 3 ounce sole
- 8 ounce spinach and artichoke dip frozen thawed (recommended: TGI Friday's)

Equipment

- frying pan
- oven
- casserole dish

Directions

- Preheat the oven to 350 degrees F and spray the bottom of a 9 by 9 casserole dish with cooking spray.
- Lay the fillets out onto a clean work surface. Evenly divide the spinach and artichoke dip, about 2 tablespoons for each fillet, and spread it over the length of the fillets.
- Roll each fillet up and place rolled-side down in the prepared casserole dish.
- Place the lemon wedges down the center of the casserole dish between the rolls and drizzle each with the lemon juice.
- Sprinkle generously with salt and pepper.
- Bake until the fish is opaque and cooked through, 20 to 25 minutes.
- Serve with Artichoke Ratatouille on the side.
- In a high-sided skillet, heat the oil over medium heat.
- Add the eggplant, vegetable stir-fry blend, artichokes hearts, garlic, red pepper flakes and season with salt and pepper.
- Saute until vegetables are almost completely cooked through, about 5 minutes.
- Add the diced tomatoes, cover and simmer on low until the eggplant is soft and the ratatouille is thickened slightly, 15 to 20 minutes. Just before serving, stir in the basil. Taste and adjust seasoning, if necessary.

Nutrition Facts

PROTEIN 16.02% FAT 34.93% CARBS 49.05%

Properties

Glycemic Index:75.63, Glycemic Load:8.84, Inflammation Score:-10, Nutrition Score:35.210869737293%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 291.18kcal (14.56%), Fat: 12.63g (19.43%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 39.9g (13.3%), Net Carbohydrates: 25.31g (9.2%), Sugar: 9.52g (10.58%), Cholesterol: 9.57mg (3.19%), Sodium: 482.29mg (20.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.07%), Vitamin K: 296.34µg (282.23%), Vitamin A: 11587.47IU (231.75%), Manganese: 1.47mg (73.66%), Vitamin C: 58.29mg (70.65%), Folate: 267µg (66.75%), Fiber: 14.59g (58.37%), Potassium: 1368.36mg (39.1%), Magnesium: 133.81mg (33.45%), Vitamin E: 4.58mg (30.5%), Vitamin B6: 0.6mg (29.86%), Iron: 4.93mg (27.37%), Copper: 0.52mg (26.21%), Phosphorus: 254.76mg (25.48%), Vitamin B1: 0.36mg (24.13%), Vitamin B2: 0.4mg (23.78%), Vitamin B3: 4.68mg (23.42%), Calcium: 161.1mg (16.11%), Selenium: 8.22µg (11.74%), Zinc: 1.61mg (10.72%), Vitamin B5: 1.06mg (10.58%), Vitamin B12: 0.24µg (4%), Vitamin D: 0.6µg (3.97%)