



The Fish Point Sandwich

READY IN



35 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 2 eggs beaten
- 1 cup flour all-purpose
- 1 cup heavy cream
- 1 tablespoon juice of lemon
- 4 servings parsley sprigs fresh for garnish, optional
- 24 ounce sole
- 4 slices sandwich bread white
- 2 teaspoons white wine

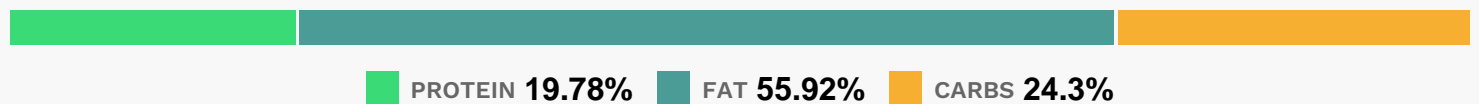
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- stove

Directions

- To make the lemon butter: Melt 4 tablespoons of butter over low heat in a small saucepan.
- Add the lemon juice and white wine. Keep the sauce warm on a corner of the stove.
- Whisk the eggs with the heavy cream in a large bowl.
- Put the flour in a separate bowl. Dredge the fillets in flour; shake off any excess then put the fillets into the batter.
- Heat 4 tablespoons butter in large heavy-bottomed skillet over medium heat. Lift the sole out of the batter, allow the excess to run off, then gently lay the fillets in the pan. Cook, turning the fish once, until the sole is flaky and the crust is crisp and golden brown, about 3 minutes per side.
- While fish is cooking, toast the bread and cut each piece in half diagonally (corner to corner). Arrange the toast points on 4 plates--2 per plate. Lift the fish from the pan onto the toast points.
- Drizzle the fish with lemon butter and serve immediately garnished with a sprig of fresh parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:61.69, Glycemic Load:26.07, Inflammation Score:-8, Nutrition Score:25.972173690796%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 638.77kcal (31.94%), Fat: 39.45g (60.7%), Saturated Fat: 22.58g (141.13%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 37.02g (13.46%), Sugar: 3.4g (3.78%), Cholesterol: 255.72mg (85.24%), Sodium: 397.38mg (17.28%), Alcohol: 0.26g (100%), Alcohol %: 0.1% (100%), Protein: 31.39g (62.78%), Selenium: 70.33µg (100.47%), Vitamin K: 68.87µg (65.59%), Phosphorus: 575.14mg (57.51%), Vitamin D: 6.15µg (41.03%), Vitamin B12: 2.24µg (37.28%), Vitamin A: 1736.88IU (34.74%), Vitamin B1: 0.44mg (29.02%), Folate: 113.44µg (28.36%), Vitamin B2: 0.47mg (27.67%), Vitamin B3: 4.92mg (24.61%), Manganese: 0.4mg (20.07%), Iron: 3.3mg (18.34%), Calcium: 154.08mg (15.41%), Vitamin E: 2.28mg (15.23%), Magnesium: 53.8mg (13.45%), Vitamin B6: 0.27mg (13.43%), Potassium: 452.89mg (12.94%), Vitamin B5: 1.11mg (11.12%), Zinc: 1.47mg (9.8%), Vitamin C: 7.13mg (8.64%), Copper: 0.14mg (6.87%), Fiber: 1.56g (6.25%)