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Fillet of Sole with Leek Sauce ♦♦

A delicious and flavorful dish featuring fillet of sole cooked in a creamy leek sauce. This recipe is perfect for a fancy dinner or special occasion. The fillet of sole is tender and flaky, and the leek sauce adds a subtle sweetness and richness to the dish. Serve with steamed vegetables and a side of rice or mashed potatoes for a complete meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|---------------|----------------|
| 500 g | fillet of sole |
| 200 g | leek |
| 50 g | butter |
| 30 g | flour |
| 100 ml | white wine |

| | |
|----------------|--------------|
| 150 ml | heavy cream |
| 1 tsp | salt |
| 0.5 tsp | black pepper |

Directions

Step 1

Preheating

Preheat the oven to 200°C (400°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Clean and slice the leek into thin rounds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

In a large skillet, melt the butter over medium heat. Add the leek and cook until soft.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Stirring

Sprinkle the flour over the leek and stir well to coat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Stirring

Slowly pour in the white wine and stir until the mixture thickens.

Prep Time: 2 mins

Cook Time: 3 mins

Step 6

Stirring

Reduce the heat to low and stir in the heavy cream. Season with salt and black pepper to taste.

Prep Time: 2 mins

Cook Time: 2 mins

Step 7

Sprinkling

Place the fillet of sole on a baking sheet lined with parchment paper. Season with salt and black pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Oven

Bake the fillet of sole in the preheated oven for 10-12 minutes, or until cooked through and flaky.

Prep Time: 0 mins

Cook Time: 12 mins

Step 9

Serving

Serve the fillet of sole with the leek sauce on top.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 15 g | 88.24% | 88.24% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 10 g | 18.18% | 20% |
| Fibers | 2 g | 5.26% | 8% |
| Sugars | 2 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 10 g | N/A | N/A |
| Saturated Fat | 8 g | 36.36% | 47.06% |
| Fat | 20 g | 71.43% | 80% |
| Cholesterol | 80 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 200 iu | 22.22% | 28.57% |
| Vitamin C | 10 mg | 11.11% | 13.33% |
| Vitamin B6 | 1 mg | 76.92% | 76.92% |
| Vitamin B12 | 2 mcg | 83.33% | 83.33% |
| Vitamin E | 4 mg | 26.67% | 26.67% |
| Vitamin D | 2 mcg | 13.33% | 13.33% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium | 500 mg | 21.74% | 21.74% |
| Calcium | 100 mg | 10% | 10% |
| Iron | 2 mg | 25% | 11.11% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Potassium | 300 mg | 8.82% | 11.54% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 10 mcg | 18.18% | 18.18% |

Recipe Attributes

Events

Christmas Thanksgiving Halloween Valentine's Day

Cuisines

Italian Mexican French Mediterranean Spanish American

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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