



Citrus Filet of Sole

Number of Servings: 2
Calories Per Serving: 256
PCF Ratio: 63-29-8

Single Serving Comment: 1/2 of recipe

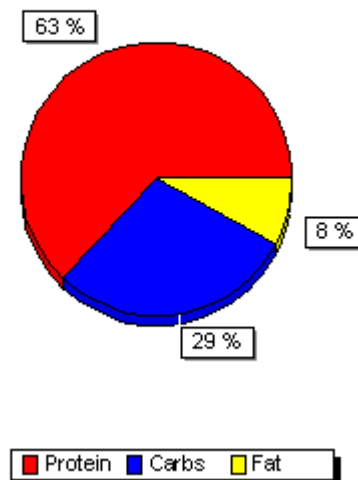
Cooking Instructions

Ingredients:

- 500g Sole
- 1/4 cup raw Lemon Juice
- 1 tsp Corn Starch
- 2 tbsp water
- 1 small Orange
- 3/4 cup Orange Juice
- (serves 2)

Arrange fish in a baking dish large enough to hold them flat in one layer. Pour juices over fish and cover. Refrigerate 1 hour. Heat oven to 425. Remove fish from refrigerator and cover dish tightly with foil. Bake 8 to 10 minutes or until fish is opaque throughout. With a wide spatula, carefully transfer fish (reserve liquid) to warmed individual serving plates and cover with foil. Pour reserved liquid into a small saucepan. Dissolve cornstarch in water. Stir into liquid in saucepan and bring to boil over medium-high heat, stirring until thickened, about one minute. Spoon sauce over the fish and garnish with orange sections.

63-29-8 Ratio



Nutrition Information	
Serving Size: 1/2 of recipe (415g)	
Servings: 1	
Amount Per Serving	
Calories 260	Calories from Fat 20
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	5%
Sugars 5 g	
Protein 41 g	
Vitamin A 6%	Vitamin C 130%
Calcium 4%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
SOLE, FROZEN	fillet	1 lb	454	360	80						

Citrus Filet of Sole (continued)

LEMON JUICE, RAW	3.7	75.6	.6			.0			.0			.1	.0	
CORNSTARCH	.3	.1	.2						.0			.1		
WATER, MUNICIPAL			.6											
ORANGE, ALL VARIETIES, RAW	13.4	173.8				.0			.1	.0		.5	.1	
ORANGE JUICE, CALIFORNIA	20.5	354.8	1.9			.1			.3	.0			.1	
Recipe Total:	38	604.3	543.3			.1			.4	.1		.6	.2	
Single Serving Total:	19	302.2	271.7			.1			.2	.0		.3	.1	