

Parmesan Crusted Sole

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-sole-recipe>

Ingredients:

- 8 slices sole about 1-1/2 pounds
- 2 eggs lightly beaten
- 4 ounces Parmesan cheese grated
- 1/4 teaspoon paprika smoky
- 2 teaspoons lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 125 milligrams
4. Fat: 10 grams
5. Protein: 14 grams
6. SaturatedFat: 5 grams
7. Sodium: 780 milligrams
8. Sugar: 1 grams

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