

Baked Sole with Asparagus

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 pound asparagus medium-size stalks, tough ends removed
- freshly ground pepper
- salt
- 4 sole fillets large or 8 small, 1 1/2 lb. total
- 1 tablespoon unsalted butter
- 1 lemon
- 1 tablespoon all purpose flour
- 1 cup chicken broth

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 10 milligrams
4. Fat: 3.5 grams
5. Fiber: 4 grams
6. Protein: 4 grams
7. SaturatedFat: 2 grams
8. Sodium: 220 milligrams
9. Sugar: 2 grams

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