

# Fillet of Sole Almondine

Louise Rousseau Brunner  
Casserole Treasury (1964)

## Servings: 4

4 fillets of sole OR flounder  
salt (to taste)  
pepper (to taste)  
1/4 cup milk  
1/4 cup light cream  
1 1/2 teaspoons fresh rosemary,  
chopped  
1/4 cup blanched, slivered almonds,  
toasted

Preheat the oven to 400 degrees.

Spread the fillets in a shallow greased casserole.  
Season with salt and pepper.

Pour the milk and cream over the fish. Sprinkle  
with rosemary.

Bake for 20 minutes.

Sprinkle the almonds over the top.

Bake for 10 minutes longer or until the liquid is  
practically all absorbed.

(If the fish have not browned, place under the  
broiler for 1 or 2 minutes.)

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Per Serving (excluding unknown  
items): 39 Calories; 3g Fat (77.6%  
calories from fat); 1g Protein; 1g  
Carbohydrate; trace Dietary Fiber;  
12mg Cholesterol; 13mg Sodium.  
Exchanges: 0 Grain(Starch); 0 Non-  
Fat Milk; 1/2 Fat; 0 Other  
Carbohydrates.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	39	Vitamin B6 (mg):	trace
% Calories from Fat:	77.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	13.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	1mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg

<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	12mg
<b>Carbohydrate (g):</b>	1g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	1g
<b>Sodium (mg):</b>	13mg
<b>Potassium (mg):</b>	43mg
<b>Calcium (mg):</b>	33mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	trace
<b>Vitamin A (i.u.):</b>	133IU
<b>Vitamin A (r.e.):</b>	33 1/2RE

<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	0 0%

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	39	Calories from Fat: 30
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### % Daily Values\*

<b>Total Fat</b>	3g	5%
Saturated Fat	2g	11%
<b>Cholesterol</b>	12mg	4%
<b>Sodium</b>	13mg	1%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	trace	0%
<b>Protein</b>	1g	
<b>Vitamin A</b>		3%
<b>Vitamin C</b>		1%
<b>Calcium</b>		3%
<b>Iron</b>		0%

\* Percent Daily Values are based on a 2000 calorie diet.