



5 Ingredient Pan-Seared Halibut with Artichoke Hearts and Saffron Broth

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 4 servings pepper black freshly ground
- 20 ounces pacific halibut filets
- 0.8 cup chicken broth reduced-sodium
- 1 tablespoon olive oil
- 1 teaspoon saffron threads
- 4 servings salt

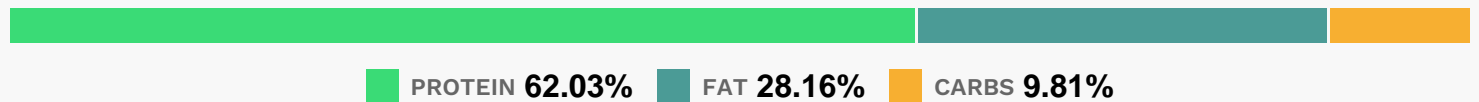
Equipment

- frying pan

Directions

- Season both sides of halibut with salt and black pepper.
- Heat oil in a large skillet over medium-high heat.
- Add halibut and cook 2 minutes per side, until golden brown.
- Remove fish from pan and set aside.
- To the same pan, add artichoke hearts, broth and saffron. Bring to a simmer. Return fish to pan and simmer 2 minutes, until fish is fork-tender.
- Transfer to a serving platter and is usually served with couscous.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:15.729565108114%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Nutrients (% of daily need)

Calories: 190.24kcal (9.51%), Fat: 5.66g (8.7%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 4.43g (1.48%), Net Carbohydrates: 2.88g (1.05%), Sugar: 0.82g (0.91%), Cholesterol: 69.46mg (23.15%), Sodium: 669.94mg (29.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.03g (56.05%), Selenium: 64.64µg (92.35%), Vitamin B3: 9.84mg (49.18%), Vitamin D: 6.66µg (44.41%), Vitamin B6: 0.78mg (39.09%), Phosphorus: 348.02mg (34.8%), Vitamin B12: 1.6µg (26.72%), Potassium: 656.49mg (18.76%), Vitamin E: 1.37mg (9.13%), Magnesium: 33.29mg (8.32%), Fiber: 1.55g (6.22%), Vitamin B5: 0.49mg (4.88%), Vitamin B1: 0.07mg (4.73%), Folate: 17.05µg (4.26%), Zinc: 0.56mg (3.71%), Vitamin B2: 0.06mg (3.3%), Copper: 0.06mg (2.84%), Vitamin K: 2.27µg (2.16%), Iron: 0.35mg (1.96%), Vitamin A: 95.65IU (1.91%), Manganese: 0.04mg (1.8%), Calcium: 12.32mg (1.23%)