



Alaskan Halibut Caprese

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



332 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 8 large basil leaves whole
- ☐ 0.3 cup basil fresh chopped
- ☐ 8 ounces mozzarella cheese fresh sliced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 16 ounce fillets halibut
- ☐ 1.5 tablespoons olive oil
- ☐ 8 slices tomatoes

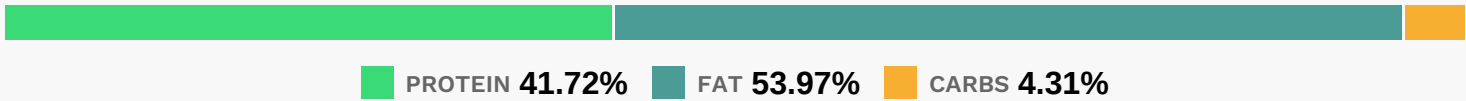
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Place an oven rack about 5 inches from the heat source. Prepare a baking sheet with cooking spray.
- ☐ Arrange halibut on prepared baking sheet and bake until lightly browned, 4 to 6 minutes. Flip fillets, season with salt and black pepper, and continue cooking until flesh is opaque, 1 to 2 minutes more.
- ☐ Top each fillet with a mozzarella cheese slice, a basil leaf, and a tomato slice, respectively; repeat layers.
- ☐ Return halibut to oven and bake until cheese begins to melt, about 2 minutes.
- ☐ Whisk balsamic vinegar and olive oil together in a bowl; soon over halibut portions.
- ☐ Garnish with chopped basil to serve.

Nutrition Facts



Properties

Glycemic Index:84.25, Glycemic Load:1.41, Inflammation Score:-5, Nutrition Score:18.77869593838%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 331.51kcal (16.58%), Fat: 19.46g (29.93%), Saturated Fat: 8.52g (53.22%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 3.41g (1.24%), Sugar: 2.44g (2.71%), Cholesterol: 100.36mg (33.45%), Sodium: 435.71mg (18.94%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.84g (67.67%), Selenium: 61.36µg (87.66%), Phosphorus: 472.82mg (47.28%), Vitamin B12: 2.54µg (42.34%), Vitamin B3: 7.48mg (37.4%), Vitamin D: 5.56µg (37.04%), Vitamin B6: 0.65mg (32.43%), Calcium: 303.16mg (30.32%), Potassium: 564.19mg (16.12%), Vitamin K: 16.41µg (15.63%), Zinc: 2.1mg (14%), Vitamin A: 624.17IU (12.48%), Vitamin B2: 0.2mg (11.6%), Vitamin E: 1.59mg (10.6%), Magnesium: 41.04mg (10.26%), Vitamin B1: 0.08mg (5.03%), Folate: 19.8µg (4.95%), Vitamin B5: 0.48mg (4.78%), Manganese: 0.09mg (4.62%), Iron: 0.65mg (3.61%), Copper: 0.05mg (2.44%)