



Apricot Fish



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound pacific halibut filets firm
- ☐ 0.5 cup apricot preserves
- ☐ 2 tablespoons vinegar white
- ☐ 1.5 teaspoons tarragon dried fresh chopped

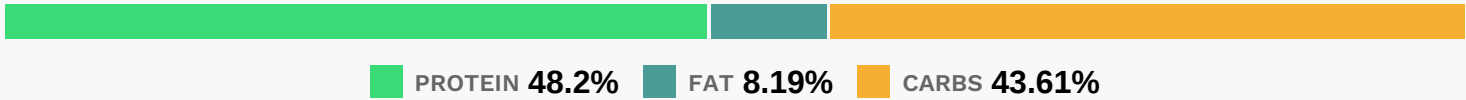
Equipment

- ☐ oven
- ☐ grill
- ☐ broiler pan

Directions

- ☐ Set oven control to broil. Grease broiler pan rack.
- ☐ Place fish on rack in broiler pan. Broil with tops about 4 inches from heat 4 minutes; turn. Broil about 4 minutes longer or until fish flakes easily with fork.
- ☐ Meanwhile, mix remaining ingredients; spoon onto fish.
- ☐ Brush grill rack with vegetable oil.
- ☐ Heat grill to medium heat.
- ☐ Place fish on grill rack. Cover and grill 5 to 6 inches from heat 10 to 20 minutes, turning once, until fish flakes easily with fork. Meanwhile, mix remaining ingredients; spoon onto fish during last minute of cooking.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:12.779999963615%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 178.41kcal (8.92%), Fat: 1.62g (2.49%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 19.28g (7.01%), Sugar: 12.84g (14.26%), Cholesterol: 55.57mg (18.52%), Sodium: 89.57mg (3.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.47g (42.94%), Selenium: 52.37µg (74.82%), Vitamin B3: 7.46mg (37.3%), Vitamin D: 5.33µg (35.53%), Vitamin B6: 0.65mg (32.27%), Phosphorus: 271.17mg (27.12%), Vitamin B12: 1.25µg (20.79%), Potassium: 538.86mg (15.4%), Magnesium: 29.95mg (7.49%), Vitamin E: 0.73mg (4.87%), Manganese: 0.09mg (4.42%), Folate: 15.96µg (3.99%), Vitamin B5: 0.39mg (3.95%), Vitamin B1: 0.06mg (3.91%), Vitamin C: 2.98mg (3.61%), Vitamin A: 168.1IU (3.36%), Iron: 0.57mg (3.17%), Copper: 0.06mg (3.06%), Zinc: 0.46mg (3.04%), Vitamin B2: 0.05mg (2.97%), Calcium: 22.88mg (2.29%)