




 **83%**
HEALTH SCORE

Asian-Style Halibut in Parchment


 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN




25 min.

SERVINGS



4

CALORIES



193 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 0.5 teaspoon pepper black
- 1 small head bok choy ends trimmed sliced
- 2 teaspoons ginger root grated
- 24 ounce pacific halibut filets
- 3 tablespoons soya sauce low-sodium
- 2 orange zest cut into matchstick-size strips
- 1 bell pepper red thinly sliced lengthwise
- 1.5 teaspoons rice vinegar

- 3 scallions white green thinly sliced (and parts)
- 1.5 teaspoons sesame oil

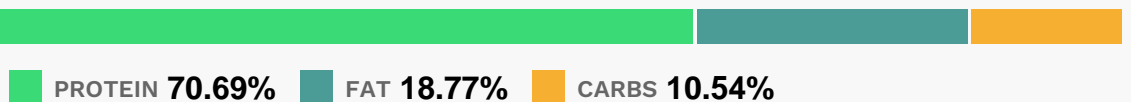
Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- aluminum foil

Directions

- Heat oven to 400 F. Tear off four 15-inch squares of parchment paper or aluminum foil and arrange on 2 baking sheets. Divide the bok choy and bell pepper evenly among the squares.
- Place a halibut fillet on each mound of vegetables and sprinkle with the black pepper. Top with the scallions and zest. In a small bowl, combine the soy sauce, vinegar, oil, and ginger. Spoon the mixture evenly over the halibut. Top with 4 more squares of parchment or foil and fold the edges over several times to seal.
- Bake for 15 minutes.
- Transfer each packet to a plate.
- Serve with a knife to slit the package open, and be careful of the steam that will escape. Tip: This beautiful meal works just as well with other types of seafood. Next time, try cod, salmon, sea scallops, or peeled and deveined shrimp.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:0.57, Inflammation Score:-8, Nutrition Score:24.166521756545%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 193.12kcal (9.66%), Fat: 3.93g (6.05%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 3.3g (1.2%), Sugar: 1.54g (1.71%), Cholesterol: 83.35mg (27.78%), Sodium: 550.86mg (23.95%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 33.32g (66.64%), Selenium: 77.8µg (111.14%), Vitamin C: 48.09mg (58.3%), Vitamin B3: 11.61mg (58.06%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1.06mg (52.81%), Phosphorus: 434.48mg (43.45%), Vitamin B12: 1.87µg (31.18%), Potassium: 890.01mg (25.43%), Vitamin A: 1172.86IU (23.46%), Vitamin K: 20.7µg (19.72%), Magnesium: 54.97mg (13.74%), Folate: 47.09µg (11.77%), Vitamin E: 1.65mg (10.98%), Vitamin B1: 0.12mg (7.91%), Manganese: 0.15mg (7.63%), Vitamin B5: 0.76mg (7.58%), Vitamin B2: 0.12mg (6.97%), Fiber: 1.66g (6.66%), Zinc: 0.84mg (5.59%), Iron: 0.78mg (4.31%), Calcium: 35.38mg (3.54%), Copper: 0.07mg (3.44%)