



Baked Halibut Puttanesca with Crostini

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 fillet anchovy finely chopped
- 6 servings pepper black freshly ground
- 28 ounce canned tomatoes crushed canned
- 0.3 cup capers
- 12 ounces bread crumbs italian cut into 1/2-inch-thick slices
- 4 medium garlic clove finely chopped
- 2 pounds pacific halibut filets skinless cut into 6 equal pieces
- 0.5 cup kalamata olives pitted coarsely chopped

- 1 teaspoon kosher salt as needed plus more
- 0.3 cup olive oil
- 1 teaspoon pepper red
- 0.3 cup water
- 1 medium onion yellow

Equipment

- baking sheet
- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Heat the oven to 450°F and arrange a rack in the middle. While the oven heats, arrange the bread slices in a single layer on a baking sheet. Very lightly brush the tops of the bread with half of the oil. Flip the slices over and brush with the remaining oil. Season the tops with salt and pepper.
- Heat the oil in a medium saucepan over medium-high heat until shimmering.
- Add the onions, garlic, and measured salt and cook, stirring occasionally, until the onions have softened, about 3 minutes.
- Add the anchovies and red pepper flakes and cook 1 minute more.
- Add the tomatoes, olives, capers, and water, stir to combine, and bring to a simmer. Reduce the heat to medium low and simmer until the flavors have combined and the sauce has thickened slightly, about 15 minutes.
- Spread 1 cup of the sauce in a 13-by-9-inch baking dish and add the fish in a single layer.
- Pour the remaining sauce over the fish and cover the dish tightly with aluminum foil.
- Bake until the fish is just cooked through, about 15 minutes.
- Serve immediately with the crostini.

Nutrition Facts

PROTEIN 23.46% FAT 48.83% CARBS 27.71%

Properties

Glycemic Index:29.5, Glycemic Load:3.29, Inflammation Score:-7, Nutrition Score:27.139565136122%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 9.7mg, Kaempferol: 9.7mg, Kaempferol: 9.7mg, Kaempferol: 9.7mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.34mg, Quercetin: 16.34mg, Quercetin: 16.34mg, Quercetin: 16.34mg

Nutrients (% of daily need)

Calories: 608.85kcal (30.44%), Fat: 33.39g (51.37%), Saturated Fat: 12.92g (80.76%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 37.04g (13.47%), Sugar: 24.25g (26.95%), Cholesterol: 75.69mg (25.23%), Sodium: 1262.79mg (54.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.1g (72.2%), Selenium: 71.35µg (101.93%), Vitamin B3: 14.53mg (72.67%), Vitamin B6: 1.09mg (54.5%), Vitamin D: 7.11µg (47.38%), Phosphorus: 435.49mg (43.55%), Potassium: 1229.02mg (35.11%), Vitamin E: 4.51mg (30.09%), Vitamin B12: 1.68µg (28%), Fiber: 5.6g (22.39%), Iron: 3.61mg (20.05%), Magnesium: 78.72mg (19.68%), Folate: 76.97µg (19.24%), Vitamin B1: 0.27mg (18.18%), Vitamin C: 14.47mg (17.54%), Copper: 0.34mg (17.15%), Manganese: 0.34mg (17.14%), Vitamin K: 15.01µg (14.29%), Vitamin B2: 0.19mg (11.38%), Vitamin A: 541.28IU (10.83%), Vitamin B5: 0.95mg (9.47%), Calcium: 78.26mg (7.83%), Zinc: 1.16mg (7.74%)