



Baked Halibut with Arugula Salsa Verde

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



575 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup arugula finely chopped
- 0.8 teaspoon pepper black freshly ground
- 0.3 cup capers rinsed drained
- 2 tablespoons chives fresh chopped
- 0.7 cup flat-leaf parsley fresh finely chopped
- 2 tablespoons flat-leaf parsley fresh finely chopped
- 24 ounce pacific halibut filets thick
- 0.5 juice of lemon fresh (2 tablespoons lemon juice)

- 0.8 teaspoon kosher salt
- 1 teaspoon kosher salt
- 4 servings lemon wedges for garnish, optional
- 1 lemon zest
- 1 teaspoon lemon zest
- 0.3 cup olive oil
- 2 tablespoons olive oil extra-virgin
- 0.5 teaspoon pepper dried red crushed

Equipment

- bowl
- baking sheet
- oven

Directions

- Position an oven rack in the center of the oven. Preheat the oven to 375 degrees F.
- Mix the chives, parsley and lemon zest in a small bowl. Cover and chill. This can be prepared 4 hours ahead, but keep chilled.
- For the baked halibut: Coat the halibut fillets all over with the olive oil.
- Place the fish on a rimmed baking sheet.
- Sprinkle with the salt, pepper and chive-lemon topping, pressing slightly to adhere.
- Bake the fish just until opaque in the center, 9 to 10 minutes.
- Transfer 1 fish fillet to each of 4 plates. Spoon the Arugula Salsa Verde alongside.
- Serve with the lemon wedges, if using.
- Stir the arugula, parsley, olive oil, capers, lemon juice, lemon zest, salt and red pepper together in a small bowl. Cover and chill. The salsa can be prepared 4 hours ahead, but let it stand at room temperature 1 hour before serving.

Nutrition Facts



■ PROTEIN 37.41% ■ FAT 59.62% ■ CARBS 2.97%

Properties

Glycemic Index:62.13, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:26.963043482407%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 25.87mg, Apigenin: 25.87mg, Apigenin: 25.87mg, Apigenin: 25.87mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 16.44mg, Kaempferol: 16.44mg, Kaempferol: 16.44mg, Kaempferol: 16.44mg Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg Quercetin: 19.4mg, Quercetin: 19.4mg, Quercetin: 19.4mg, Quercetin: 19.4mg

Nutrients (% of daily need)

Calories: 348.25kcal (17.41%), Fat: 23.06g (35.48%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.5g (0.56%), Cholesterol: 83.35mg (27.78%), Sodium: 1448.8mg (62.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.56g (65.11%), Vitamin K: 221.35µg (210.81%), Selenium: 77.83µg (111.19%), Vitamin B3: 11.37mg (56.86%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.96mg (48.17%), Phosphorus: 415mg (41.5%), Vitamin B12: 1.87µg (31.18%), Vitamin E: 4.31mg (28.75%), Vitamin A: 1401.51IU (28.03%), Vitamin C: 22.61mg (27.41%), Potassium: 852.38mg (24.35%), Magnesium: 53.36mg (13.34%), Folate: 48.85µg (12.21%), Iron: 1.52mg (8.47%), Vitamin B1: 0.1mg (6.95%), Vitamin B5: 0.68mg (6.82%), Manganese: 0.12mg (6.18%), Copper: 0.12mg (5.76%), Zinc: 0.83mg (5.55%), Vitamin B2: 0.09mg (5.26%), Fiber: 1.3g (5.19%), Calcium: 48.71mg (4.87%)