



HEALTH SCORE

66%

Baked Halibut with Tomato, Capers, and Olive Vinaigrette



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



24 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons capers rinsed drained
- ☐ 1 cup cherry tomatoes quartered
- ☐ 2 teaspoons dijon mustard
- ☐ 2 pounds halibut steak cut into 4 pieces 11/
- ☐ 0.7 cup kalamata black pitted halved
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.8 cup olive oil extra-virgin

☐ 4 servings salt and pepper black freshly ground

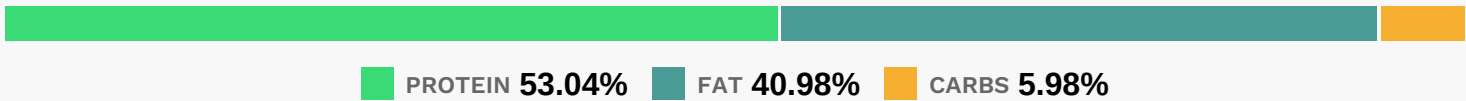
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Whisk together lemon juice and mustard.
- ☐ Add oil in a slow stream, whisking until emulsified. Stir in tomatoes, olives, capers, and salt and pepper, to taste.
- ☐ Arrange the fish steaks in a ceramic or glass baking dish just large enough to hold them in 1 layer.
- ☐ Pour the vinaigrette over fish.
- ☐ Cook the fish in middle of oven until just cooked through and no longer translucent, 7 to 9 minutes.
- ☐ Serve fish with the vinaigrette from the baking dish.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:25.483478079671%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.28mg,

Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 326.72kcal (16.34%), Fat: 14.8g (22.76%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 3.5g (1.27%), Sugar: 1.87g (2.08%), Cholesterol: 111.13mg (37.04%), Sodium: 648.07mg (28.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.09g (86.18%), Selenium: 104.74µg (149.63%), Vitamin B3: 15.08mg (75.42%), Vitamin D: 10.66µg (71.06%), Vitamin B6: 1.3mg (64.81%), Phosphorus: 552.27mg (55.23%), Vitamin B12: 2.49µg (41.58%), Potassium: 1115.39mg (31.87%), Vitamin C: 20.48mg (24.82%), Vitamin E: 3.71mg (24.71%), Magnesium: 62.51mg (15.63%), Folate: 39.94µg (9.99%), Vitamin B1: 0.14mg (9.63%), Vitamin B5: 0.88mg (8.81%), Vitamin A: 432.2IU (8.64%), Vitamin K: 7.42µg (7.07%), Copper: 0.13mg (6.51%), Zinc: 0.92mg (6.15%), Fiber: 1.36g (5.42%), Vitamin B2: 0.09mg (5.28%), Iron: 0.91mg (5.07%), Manganese: 0.09mg (4.7%), Calcium: 37.2mg (3.72%)