



## Baked Halibut with Vegetables

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

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 0.5 cup cooking wine dry white
- 2 teaspoons optional: dill fresh chopped
- 0.5 cup bell pepper green coarsely chopped
- 0.5 cup green onions sliced
- 24 ounce pacific halibut filets
- 2 ounces jarlsberg cheese shredded
- 1 tablespoon juice of lemon

- 0.5 cup bell pepper red coarsely chopped
- 0.5 teaspoon salt
- 1 cup tomatoes coarsely chopped
- 0.5 cup bell pepper yellow coarsely chopped

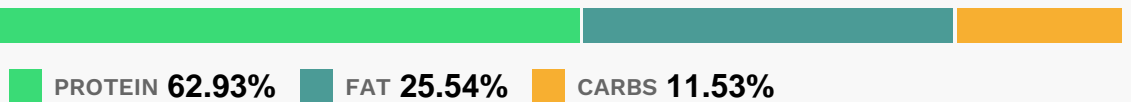
## Equipment

- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 42
- Place fish in a 13 x 9-inch baking dish coated with cooking spray.
- Drizzle with lemon juice; sprinkle with dill. Top with tomato and next 6 ingredients (tomato through black pepper); sprinkle with cheese.
- Pour wine into dish; cover with foil.
- Bake at 425 for 25 minutes or until fish flakes easily when tested with a fork.

## Nutrition Facts



## Properties

Glycemic Index:56, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:27.563913179481%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

0.09mg, Myricetin: 0.09mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

## **Nutrients (% of daily need)**

Calories: 255.45kcal (12.77%), Fat: 6.55g (10.08%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 4.96g (1.8%), Sugar: 2.88g (3.2%), Cholesterol: 93.47mg (31.16%), Sodium: 504.61mg (21.94%), Alcohol: 3.09g (100%), Alcohol %: 1.21% (100%), Protein: 36.32g (72.64%), Selenium: 77.75µg (111.08%), Vitamin C: 81.94mg (99.32%), Vitamin B3: 11.84mg (59.18%), Vitamin B6: 1.11mg (55.7%), Vitamin D: 7.99µg (53.3%), Phosphorus: 433.96mg (43.4%), Vitamin B12: 1.87µg (31.18%), Vitamin K: 31.43µg (29.94%), Potassium: 1001.34mg (28.61%), Vitamin A: 1344.21IU (26.88%), Magnesium: 55.53mg (13.88%), Calcium: 134.82mg (13.48%), Folate: 50.42µg (12.6%), Vitamin E: 1.68mg (11.18%), Manganese: 0.2mg (9.97%), Vitamin B1: 0.13mg (8.94%), Vitamin B5: 0.76mg (7.55%), Fiber: 1.69g (6.77%), Vitamin B2: 0.1mg (5.84%), Zinc: 0.87mg (5.78%), Copper: 0.11mg (5.53%), Iron: 0.89mg (4.94%)