



 **69%**
HEALTH SCORE

Baked Halibut with Zucchini, Olives, Tomatoes and Oranges

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



25 min.

SERVINGS



2

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz pacific halibut filets fresh cut into 2 pieces
- 0.3 teaspoon ground cinnamon
- 1 serving salt and pepper freshly ground to taste
- 1 cup to 3 sized squashes yellow coarsely chopped
- 0.3 cup kalamata olives pitted halved
- 0.3 cup canned tomatoes diced organic drained (from 14.5-oz can)
- 2 tablespoons chicken stock see

- 4 slices orange sections
- 2 sprigs thyme sprigs fresh

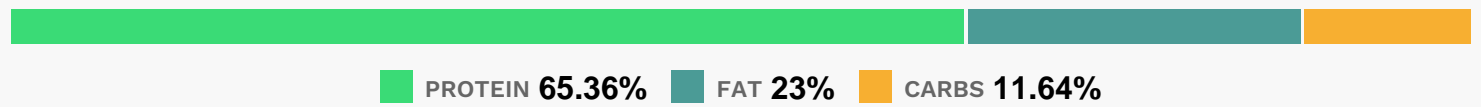
Equipment

- baking sheet
- baking paper
- oven
- aluminum foil

Directions

- Heat oven to 400°F.
- Cut 2 (16-inch) squares cooking parchment paper or foil.
- Season both sides of fish with cinnamon, salt and pepper; place 1 piece each onto middle of parchment paper. For each piece, top with half the zucchini, olives and tomatoes; season with a pinch more salt and pepper.
- Pour 1 tablespoon stock over each, then top with half the orange slices and thyme.
- To make packets, roll and crimp opposite sides of parchment paper together over fish and vegetables, then roll and crimp ends to prevent steam from escaping.
- Place packets on cookie sheet.
- Bake 12 to 15 minutes or until fish flakes easily with a fork.
- Transfer packets to plates for serving.

Nutrition Facts



Properties

Glycemic Index:106.25, Glycemic Load:1.16, Inflammation Score:-8, Nutrition Score:22.421304402144%

Flavonoids

Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin:

0.03mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Quercetin: 0.01mg, Quercetin:
0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 205.94kcal (10.3%), Fat: 5.23g (8.05%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 5.96g (1.99%), Net
Carbohydrates: 3.88g (1.41%), Sugar: 3.09g (3.44%), Cholesterol: 83.8mg (27.93%), Sodium: 538.44mg (23.41%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.45g (66.91%), Selenium: 78.36µg (111.94%), Vitamin B3:
12.02mg (60.11%), Vitamin B6: 1.12mg (56.01%), Vitamin D: 7.99µg (53.3%), Phosphorus: 438.8mg (43.88%), Vitamin
B12: 1.87µg (31.18%), Potassium: 1010.23mg (28.86%), Vitamin C: 15.09mg (18.29%), Magnesium: 59.19mg (14.8%),
Vitamin E: 2.14mg (14.27%), Manganese: 0.23mg (11.73%), Folate: 43.05µg (10.76%), Vitamin B2: 0.17mg (9.8%),
Vitamin B1: 0.15mg (9.73%), Fiber: 2.07g (8.3%), Vitamin A: 411.52IU (8.23%), Copper: 0.16mg (7.95%), Vitamin B5:
0.77mg (7.69%), Iron: 1.18mg (6.53%), Zinc: 0.91mg (6.07%), Calcium: 47.31mg (4.73%), Vitamin K: 3.64µg (3.47%)