



## Basil and Prosciutto-Wrapped Halibut

 Gluten Free  Dairy Free  Low Fod Map

READY IN



16 min.

SERVINGS



2

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon adobo seasoning
- 6 leaves basil
- 8 ounce fillets halibut
- 1 tablespoon olive oil
- 2 slices pancetta

### Equipment

- frying pan
- oven

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Lay 3 basil leaves on each slice of prosciutto. Season the halibut fillets with Adobo seasoning, place them on one side of the prepared slices of prosciutto, and wrap the fish fillets with the prosciutto and basil.
- Set an oven-safe skillet over medium-high heat. When the skillet is hot, pour in the olive oil and place the wrapped halibut fillets in the pan.
- Cook the fillets until the prosciutto is golden brown, about 4 minutes. Flip the fillets over and move the pan into the preheated oven.
- Bake until the fish is firm to the touch and cooked through, about 5 minutes.

## Nutrition Facts

**PROTEIN 45.19%** **FAT 53.41%** **CARBS 1.4%**

## Properties

Glycemic Index:62.5, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:13.377391228209%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 201.26kcal (10.06%), Fat: 11.7g (18%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.02g (0.03%), Cholesterol: 60.85mg (20.28%), Sodium: 130.72mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.27g (44.55%), Selenium: 53.5µg (76.43%), Vitamin B3: 7.72mg (38.62%), Vitamin D: 5.36µg (35.74%), Vitamin B6: 0.66mg (32.87%), Phosphorus: 283.08mg (28.31%), Vitamin B12: 1.29µg (21.46%), Potassium: 522.56mg (14.93%), Vitamin E: 1.75mg (11.67%), Vitamin K: 10.44µg (9.94%), Magnesium: 28.58mg (7.14%), Vitamin B1: 0.08mg (5.5%), Vitamin B5: 0.44mg (4.42%), Folate: 14.98µg (3.75%), Zinc: 0.54mg (3.58%), Vitamin A: 158.06IU (3.16%), Vitamin B2: 0.04mg (2.51%), Copper: 0.04mg (1.96%), Iron: 0.34mg (1.91%), Manganese: 0.04mg (1.9%), Calcium: 11.66mg (1.17%)