



Basil-Steamed Halibut with Lemon Crème Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 medium carrots peeled coarsely chopped
- ☐ 0.3 cup crème fraîche
- ☐ 1 large egg yolk
- ☐ 1.5 pounds fish bones white
- ☐ 1 ounce basil leaves fresh
- ☐ 1 garlic clove minced

- ☐ 24 ounce pacific halibut filets
- ☐ 2.3 teaspoons juice of lemon fresh
- ☐ 1 medium onion peeled coarsely chopped
- ☐ 0.5 teaspoon sea salt divided fine
- ☐ 1.5 tablespoons butter unsalted
- ☐ 4 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ dutch oven

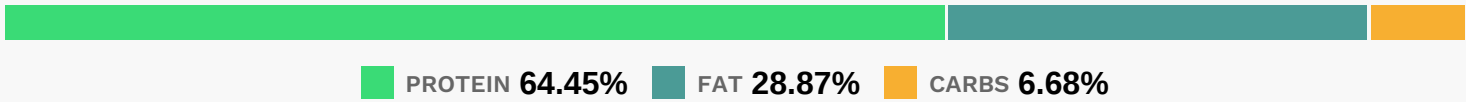
Directions

- ☐ Combine first 4 ingredients in a large Dutch oven; add 4 cups water. Bring to a boil; reduce heat, and simmer 20 minutes. Strain mixture through a sieve into a bowl, reserving stock. Discard solids.
- ☐ Pour 1/4 cup stock into a small saucepan (set remaining stock aside); bring to a boil over high heat. Boil 2 minutes or until stock is reduced to 2 tablespoons. Reduce heat to low.
- ☐ Combine crme fraiche, juice, and egg yolk in a small bowl, stirring with a whisk. Slowly pour egg mixture into reduced stock, stirring constantly with a whisk.
- ☐ Remove from heat; stir in butter, 1/4 teaspoon salt, and pepper. Set aside.
- ☐ Pour remaining stock into a large skillet; bring to a simmer over medium-high heat.
- ☐ Line a vegetable steamer with 1 bunch basil leaves; arrange fillets in a single layer over basil.
- ☐ Place steamer in skillet; cover and steam fillets 15 minutes or until fish flakes easily when tested with a fork. Carefully remove steamer from skillet.
- ☐ Sprinkle fillets with remaining 1/4 teaspoon salt; let stand 5 minutes.
- ☐ Serve with sauce.

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Garnish with basil leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:63.96, Glycemic Load:1.67, Inflammation Score:-10, Nutrition Score:37.064347723256%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 425.06kcal (21.25%), Fat: 13.49g (20.75%), Saturated Fat: 6.07g (37.96%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 5.53g (2.01%), Sugar: 3.23g (3.59%), Cholesterol: 234.06mg (78.02%), Sodium: 536.31mg (23.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.74g (135.49%), Selenium: 151.93µg (217.05%), Vitamin A: 5866.66IU (117.33%), Vitamin B3: 18.13mg (90.67%), Vitamin D: 13.58µg (90.51%), Vitamin B12: 4.68µg (78.01%), Phosphorus: 743.54mg (74.35%), Vitamin B6: 1.33mg (66.28%), Potassium: 1443.76mg (41.25%), Vitamin K: 36.76µg (35.01%), Magnesium: 100.69mg (25.17%), Folate: 84.91µg (21.23%), Vitamin B5: 1.73mg (17.35%), Vitamin E: 2.27mg (15.16%), Vitamin B2: 0.24mg (14.03%), Manganese: 0.28mg (13.79%), Vitamin B1: 0.2mg (13.53%), Copper: 0.27mg (13.38%), Zinc: 1.54mg (10.25%), Iron: 1.76mg (9.75%), Calcium: 88.47mg (8.85%), Vitamin C: 6.56mg (7.95%), Fiber: 1.49g (5.96%)