



## Blackened Halibut with Remoulade

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons canola oil
- 0.3 teaspoon thyme leaves dried
- 1 tablespoon chives fresh chopped
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 garlic clove minced
- 0.5 teaspoon garlic powder
- 1 teaspoon ground cumin
- 0.3 teaspoon ground pepper red

- 24 ounce pacific halibut filets
- 1 teaspoon juice of lemon fresh
- 0.3 cup mayonnaise low-fat
- 0.5 teaspoon oregano dried
- 2 teaspoons paprika
- 0.1 teaspoon salt
- 0.5 teaspoon salt
- 0.5 teaspoon sugar
- 1 tablespoon whole-grain dijon mustard
- 1 tablespoon cornichon finely chopped
- 1 tablespoon cornichon finely chopped

## Equipment

- bowl
- frying pan

## Directions

- To prepare sauce, combine first 8 ingredients in a bowl. Cover and chill.
- To prepare fish, combine paprika and next 7 ingredients (through red pepper).
- Sprinkle fish evenly with seasoning mixture.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add fish to pan; saut 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- Serve with sauce.

## Nutrition Facts



**PROTEIN 57.27%** **FAT 35.24%** **CARBS 7.49%**

## Properties

Glycemic Index:80.27, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:21.933043396991%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 230.61kcal (11.53%), Fat: 8.84g (13.6%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 3.37g (1.22%), Sugar: 1.43g (1.59%), Cholesterol: 86.33mg (28.78%), Sodium: 677.81mg (29.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.34g (64.68%), Selenium: 79.65µg (113.78%), Vitamin B3: 11.29mg (56.43%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.98mg (49.18%), Vitamin K: 49.47µg (47.12%), Phosphorus: 419.17mg (41.92%), Vitamin B12: 1.87µg (31.18%), Potassium: 811.4mg (23.18%), Vitamin A: 888.49IU (17.77%), Vitamin E: 2.23mg (14.84%), Magnesium: 47.78mg (11.95%), Vitamin B1: 0.11mg (7.13%), Iron: 1.25mg (6.97%), Folate: 27.13µg (6.78%), Vitamin B5: 0.65mg (6.52%), Manganese: 0.11mg (5.57%), Zinc: 0.78mg (5.18%), Vitamin C: 4.01mg (4.86%), Vitamin B2: 0.07mg (4.39%), Fiber: 0.86g (3.46%), Copper: 0.07mg (3.42%), Calcium: 33.1mg (3.31%)