

food
network

Braised Halibut with Paprika and Mushrooms

READY IN



60 min.

SERVINGS



4

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 cup fish stock
- ☐ 1 tablespoon flour
- ☐ 2 pounds halibut fillet
- ☐ 2 tablespoons hungarian paprika
- ☐ 3 cups mushrooms wild chopped
- ☐ 1 bell pepper red chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 3 scallions chopped

☐ 1 cup cup heavy whipping cream sour

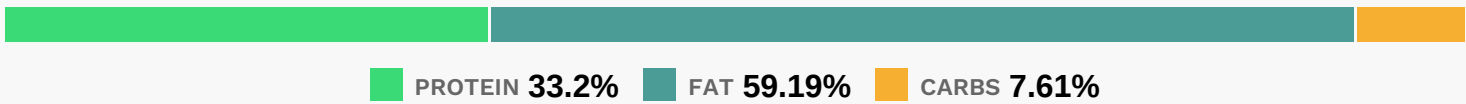
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Season pike liberally with salt and pepper. Melt butter in pan and sear both sides of fish.
- ☐ Remove from pan and set aside.
- ☐ Add mushrooms, scallions, pepper, and paprika and cook over low heat.
- ☐ Add flour and make a roux.
- ☐ Whisk in stock by thirds and bring to a simmer.
- ☐ Whisk in sour cream and check seasoning.
- ☐ Place fish back into the pan, cover, and roast in the oven 30 minutes or until fish is flaky.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:2.19, Inflammation Score:-10, Nutrition Score:37.608260237652%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 576.84kcal (28.84%), Fat: 38.37g (59.04%), Saturated Fat: 21.27g (132.95%), Carbohydrates: 11.1lg (3.7%), Net Carbohydrates: 8.23g (2.99%), Sugar: 5.29g (5.87%), Cholesterol: 206.06mg (68.69%), Sodium: 557.15mg (24.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.43g (96.86%), Selenium: 113.9µg (162.71%), Vitamin B3: 19.07mg (95.34%), Vitamin A: 3967.35IU (79.35%), Vitamin B6: 1.52mg (75.82%), Vitamin D: 10.8µg (72.02%),

Phosphorus: 690.21mg (69.02%), Vitamin C: 41.83mg (50.71%), Vitamin B12: 2.75µg (45.89%), Potassium: 1517.42mg (43.35%), Vitamin B2: 0.57mg (33.35%), Vitamin E: 3.9mg (25.99%), Vitamin K: 26.04µg (24.8%), Vitamin B5: 2.28mg (22.79%), Magnesium: 77.75mg (19.44%), Copper: 0.36mg (18.2%), Folate: 70.81µg (17.7%), Vitamin B1: 0.23mg (15.47%), Calcium: 118.52mg (11.85%), Zinc: 1.74mg (11.62%), Fiber: 2.88g (11.5%), Iron: 1.99mg (11.08%), Manganese: 0.19mg (9.7%)