



Broiled Halibut with Bechamel Sauce

READY IN



34 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoon butter unsalted diced
- 0.3 cup flour
- 1 pinch ground nutmeg
- 24 ounce center-cut halibut fillets (see Cook's Note)
- 1 teaspoon kosher salt
- 1.5 teaspoons kosher salt
- 0.5 cup parmesan grated

- 5 tablespoons butter unsalted at room temperature
- 2 cups water
- 750 ml white wine such as pinot grigio
- 2 cups milk whole warmed

Equipment

- frying pan
- sauce pan
- whisk
- baking pan
- broiler
- spatula
- glass baking pan

Directions

- Cook's Note: The halibut can be substituted with 24 ounces of sole fillets. Reduce the cooking time in the wine mixture to 3 to 4 minutes.
- Spray a 7 by 11-inch glass baking dish with cooking spray. Set aside.
- For the bechamel sauce: In a 2-quart saucepan, melt the butter over medium heat.
- Add the flour and whisk until smooth, about 2 minutes. Gradually add the warm milk, whisking constantly to prevent lumps. Simmer over medium heat, whisking constantly, until the sauce is thick and smooth, about 10 minutes.
- Remove the pan from the heat and stir in the cheese, salt, pepper, and nutmeg.
- For the halibut: In a large saucepan, bring the wine and water to a boil over medium-high heat. Reduce the heat to a simmer and add the halibut. Cover the pan and cook until the flesh is opaque, 8 to 10 minutes. Using a fish spatula, carefully remove the fish and arrange in a single layer in the prepared baking dish. Season with salt and pepper.
- Preheat a broiler. Spoon the bechamel sauce over the fish and top with the Parmesan. Dot with butter and broil until golden, 2 to 4 minutes.

Nutrition Facts



■ PROTEIN 33.35% ■ FAT 53.49% ■ CARBS 13.16%

Properties

Glycemic Index:81, Glycemic Load:6.68, Inflammation Score:-8, Nutrition Score:24.974347959799%

Nutrients (% of daily need)

Calories: 638.58kcal (31.93%), Fat: 29.45g (45.3%), Saturated Fat: 17.48g (109.28%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 15.93g (5.79%), Sugar: 6.08g (6.75%), Cholesterol: 159.16mg (53.05%), Sodium: 1824.58mg (79.33%), Alcohol: 20.01g (100%), Alcohol %: 3.92% (100%), Protein: 41.31g (82.62%), Selenium: 85.61µg (122.31%), Vitamin D: 9.77µg (65.11%), Phosphorus: 626.84mg (62.68%), Vitamin B3: 11.71mg (58.57%), Vitamin B6: 1.02mg (51.18%), Vitamin B12: 2.72µg (45.36%), Calcium: 323.59mg (32.36%), Potassium: 954.82mg (27.28%), Vitamin A: 1023.79IU (20.48%), Vitamin B2: 0.31mg (18.15%), Magnesium: 63.79mg (15.95%), Vitamin B1: 0.22mg (14.8%), Vitamin B5: 1.16mg (11.62%), Vitamin E: 1.7mg (11.35%), Zinc: 1.56mg (10.39%), Folate: 36.57µg (9.14%), Manganese: 0.14mg (6.96%), Iron: 0.8mg (4.44%), Copper: 0.09mg (4.36%), Vitamin K: 2.93µg (2.79%), Fiber: 0.36g (1.43%)