



Butter-Basted Halibut Steaks with Capers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons capers drained
- ☐ 2 garlic clove crushed peeled
- ☐ 28 ounce pacific halibut filets bone-in thick (1")
- ☐ 4 servings pepper
- ☐ 4 sprigs thyme leaves
- ☐ 0.3 cup butter unsalted ()
- ☐ 2 tablespoons vegetable oil

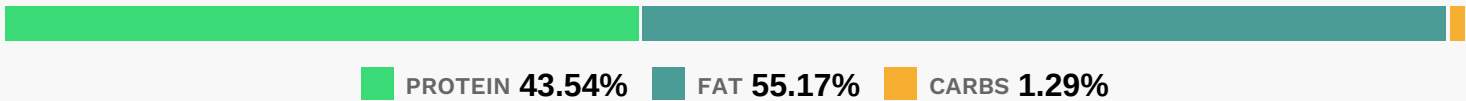
Equipment

☐ frying pan

Directions

- ☐ Season halibut with salt and pepper.
- ☐ Heat oil in a large skillet, preferably castiron, over medium-high heat until beginningto smoke. Cook halibut until goldenbrown, 6-8 minutes. Turn and cook untilother side of fish is golden brown, about4 minutes longer.
- ☐ Add butter, thyme sprigs, and garlicto pan and cook, tilting pan and spooningbutter over fish, until halibut is opaquethroughout and butter is brown, about2 minutes.
- ☐ Add capers; toss in butter towarm through.
- ☐ Divide halibut among plates and spoonbutter sauce over.
- ☐ Arctic char, monkfish, or salmon steaks

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:21.529130396636%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.38mg, Quercetin: 10.38mg, Quercetin: 10.38mg, Quercetin: 10.38mg

Nutrients (% of daily need)

Calories: 347.3kcal (17.36%), Fat: 21.03g (32.35%), Saturated Fat: 8.93g (55.79%), Carbohydrates: 1.11g (0.37%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.05g (0.05%), Cholesterol: 127.74mg (42.58%), Sodium: 303.01mg (13.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.33g (74.67%), Selenium: 90.92µg (129.89%), Vitamin B3: 12.99mg (64.97%), Vitamin D: 9.54µg (63.6%), Vitamin B6: 1.11mg (55.58%), Phosphorus: 475.85mg (47.59%), Vitamin B12: 2.21µg (36.78%), Potassium: 882.48mg (25.21%), Vitamin K: 15.16µg (14.44%), Vitamin E: 2.15mg (14.34%), Magnesium: 50.05mg (12.51%), Vitamin A: 543.98IU (10.88%), Vitamin B5: 0.71mg (7.12%), Vitamin B1: 0.1mg (6.97%), Folate: 26.13µg (6.53%), Zinc: 0.78mg (5.22%), Vitamin B2: 0.08mg (4.66%), Manganese: 0.08mg (4.1%), Copper: 0.08mg (4.09%), Iron: 0.63mg (3.51%), Vitamin C: 2.33mg (2.82%), Calcium: 26.9mg (2.69%), Fiber: 0.39g (1.56%)