



## Capers and Halibut

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 3 tablespoons capers with liquid
- 1 teaspoon garlic chopped
- 16 ounce steaks halibut
- 1 tablespoon olive oil
- 2 servings salt and pepper to taste
- 0.5 cup white wine

### Equipment

frying pan

spatula

## Directions

- Heat the olive oil in a large skillet over medium-high heat. Fry the halibut steaks on all sides until nicely browned.
- Remove from pan, and set aside.
- Pour the wine into the pan, and use a spatula to scrape any browned bits from the bottom.
- Let the wine reduce to almost nothing, then stir in the garlic, butter and capers. Season with salt and pepper to taste.
- Let the sauce simmer for a minute to blend the flavors.
- Return the steaks to the pan, and coat them with sauce. Cook until fish flakes easily with a fork.
- Serve fish immediately with the sauce from the pan poured over it.

## Nutrition Facts

**PROTEIN 35.68%** **FAT 62.1%** **CARBS 2.22%**

## Properties

Glycemic Index:72.5, Glycemic Load:0.38, Inflammation Score:-8, Nutrition Score:24.411739147228%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 15.77mg, Kaempferol: 15.77mg, Kaempferol: 15.77mg, Kaempferol: 15.77mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 20.76mg, Quercetin: 20.76mg, Quercetin: 20.76mg, Quercetin: 20.76mg

## Nutrients (% of daily need)

Calories: 525.91kcal (26.3%), Fat: 33.14g (50.98%), Saturated Fat: 16.24g (101.51%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 2.24g (0.82%), Sugar: 0.66g (0.73%), Cholesterol: 172.14mg (57.38%), Sodium: 866.14mg (37.66%), Alcohol: 6.18g (100%), Alcohol %: 2.33% (100%), Protein: 42.85g (85.69%), Selenium: 104.12µg (148.74%),

Vitamin B3: 14.93mg (74.65%), Vitamin D: 10.66µg (71.06%), Vitamin B6: 1.3mg (64.75%), Phosphorus: 556.34mg (55.63%), Vitamin B12: 2.54µg (42.38%), Potassium: 1046.9mg (29.91%), Vitamin E: 3.16mg (21.04%), Vitamin A: 877.74IU (17.55%), Magnesium: 63.07mg (15.77%), Vitamin K: 9.42µg (8.97%), Vitamin B5: 0.85mg (8.48%), Vitamin B1: 0.12mg (8.2%), Folate: 31.47µg (7.87%), Manganese: 0.13mg (6.5%), Zinc: 0.97mg (6.47%), Vitamin B2: 0.1mg (6.18%), Copper: 0.1mg (5.2%), Iron: 0.8mg (4.43%), Calcium: 35.79mg (3.58%), Fiber: 0.42g (1.66%), Vitamin C: 0.98mg (1.19%)