






 **68%**
HEALTH SCORE

Cilantro Lime Halibut

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

45 min.

SERVINGS

2

CALORIES

422 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 0.3 cup chicken stock see
- 1 bunch cilantro leaves fresh
- 2 spring onion chopped
- 1 lb pacific halibut filets wild
- 2 juice of lime divided
- 2 servings olive oil
- 2 tsp olive oil (or regular olive oil)
- 2 servings garlic

2 servings salt and pepper to taste

0.3 cup wine

Equipment

frying pan

tongs

Directions

Heat the oil in a large frying pan over medium heat. Coat the filets with garlic pepper on the flesh side. When pan is heated, add filet flesh side down to pan to sear that side. Allow to cook for about 30 seconds. Then flip filets over with tongs.

Add white wine to pan and cover to steam. After about 2 minutes, much of the wine will have evaporated.

Add the chicken stock gradually. Allow the filets to steam for another couple of minutes. Then add the lime juice. When bubbling and both filets are opaque all the way through, add the green onions to the pan and swirl in the sauce for a moment.

Remove filets to beds of lettuce.

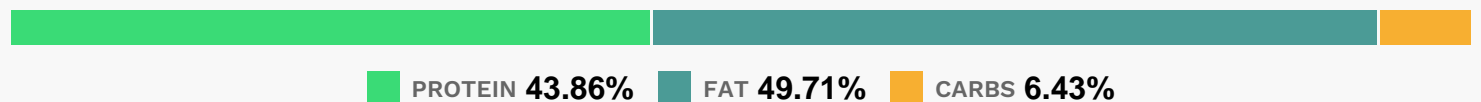
Add a tsp of the Blood Orange Olive, swirl the green onions in the sauce one more time and then pour equal parts over the fish.

Garnish with fresh cilantro and lime wedges.

Sprinkle with salt and pepper to taste.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:0.59, Inflammation Score:-7, Nutrition Score:27.463913043478%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin:

0.17mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.81mg, Hesperetin: 2.81mg, Hesperetin: 2.81mg, Hesperetin: 2.81mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Taste

Sweetness: 25.94%, Saltiness: 3.87%, Sourness: 36.83%, Bitterness: 18.48%, Savoriness: 6.24%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 422.05kcal (21.1%), Fat: 21.96g (33.78%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 5.78g (2.1%), Sugar: 1.61g (1.79%), Cholesterol: 112.03mg (37.34%), Sodium: 397.65mg (17.29%), Alcohol: 3.09g (17.17%), Protein: 43.58g (87.17%), Selenium: 104.67µg (149.53%), Vitamin B3: 15.44mg (77.21%), Vitamin D: 10.66µg (71.06%), Vitamin B6: 1.34mg (66.9%), Phosphorus: 563.89mg (56.39%), Vitamin K: 48.79µg (46.46%), Vitamin B12: 2.49µg (41.58%), Potassium: 1140.68mg (32.59%), Vitamin E: 4.29mg (28.61%), Vitamin C: 13.33mg (16.16%), Magnesium: 62.96mg (15.74%), Vitamin A: 557.68IU (11.15%), Folate: 42.27µg (10.57%), Vitamin B1: 0.15mg (9.88%), Vitamin B5: 0.88mg (8.78%), Manganese: 0.15mg (7.62%), Vitamin B2: 0.12mg (7.17%), Zinc: 1.02mg (6.8%), Copper: 0.11mg (5.29%), Iron: 0.94mg (5.21%), Calcium: 40.73mg (4.07%), Fiber: 0.61g (2.43%)