



Dilled Lemon-Pepper Halibut



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



114 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon lemon pepper
- ☐ 1 pound pacific halibut filets skinless cut into 4 pieces ()
- ☐ 1 tablespoon shallots finely chopped
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 1 teaspoon olive oil

Equipment

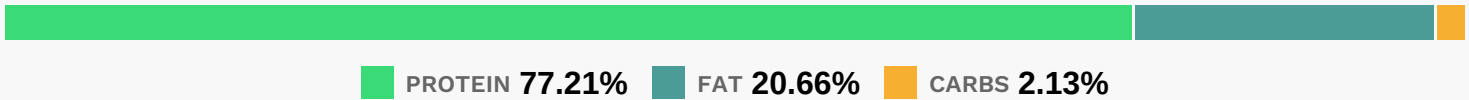
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 450°F. Line cookie sheet with foil; spray foil with cooking spray.
- ☐ Sprinkle lemon-pepper seasoning over both sides of halibut; place on cookie sheet.
- ☐ In small bowl, mix shallot, dill and oil.
- ☐ Spread mixture over fish.
- ☐ Bake 6 to 10 minutes or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:12.128695735465%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 114.48kcal (5.72%), Fat: 2.52g (3.88%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.2g (0.22%), Cholesterol: 55.57mg (18.52%), Sodium: 77.51mg (3.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.18g (42.36%), Selenium: 51.75µg (73.93%), Vitamin B3: 7.39mg (36.95%), Vitamin D: 5.33µg (35.53%), Vitamin B6: 0.63mg (31.54%), Phosphorus: 269.55mg (26.95%), Vitamin B12: 1.25µg (20.79%), Potassium: 505.33mg (14.44%), Magnesium: 27.06mg (6.77%), Vitamin E: 0.84mg (5.6%), Vitamin B5: 0.4mg (4%), Vitamin B1: 0.06mg (3.9%), Folate: 14.58µg (3.64%), Zinc: 0.42mg (2.81%), Manganese: 0.05mg (2.61%), Vitamin B2: 0.04mg (2.07%), Vitamin A: 81.3IU (1.63%), Copper: 0.03mg (1.58%), Iron: 0.24mg (1.36%), Calcium: 10.08mg (1.01%)