



## Easiest Ever Fish Marinade

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**55 min.**

SERVINGS



**4**

CALORIES



**325 kcal**

SEASONING

MARINADE

### Ingredients

- 16 ounce fillets halibut
- 0.3 cup soya sauce
- 0.3 cup vegetable oil
- 0.3 cup bourbon whiskey

### Equipment

- grill

## Directions

- In a shallow dish, mix the soy sauce, vegetable oil, and bourbon whiskey.
- Place the halibut fillets in the dish, and marinate 30 minutes in the refrigerator.
- Preheat the grill for high heat.
- Lightly oil the grill grate.
- Place halibut on the grill, and discard marinade. Cook 5 minutes on each side, until easily flaked with a fork.

## Nutrition Facts

**PROTEIN 33.74%** **FAT 64.66%** **CARBS 1.6%**

## Properties

Glycemic Index:20, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:14.755217179008%

## Nutrients (% of daily need)

Calories: 324.55kcal (16.23%), Fat: 19.69g (30.3%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.35g (0.39%), Cholesterol: 55.57mg (18.52%), Sodium: 1157.07mg (50.31%), Alcohol: 7.08g (100%), Alcohol %: 5.26% (100%), Protein: 23.12g (46.25%), Selenium: 51.86µg (74.09%), Vitamin B3: 8.16mg (40.78%), Vitamin D: 5.33µg (35.53%), Vitamin B6: 0.66mg (33%), Vitamin K: 33.41µg (31.82%), Phosphorus: 293.34mg (29.33%), Vitamin B12: 1.25µg (20.79%), Potassium: 534.47mg (15.27%), Vitamin E: 2.18mg (14.52%), Magnesium: 33.81mg (8.45%), Manganese: 0.11mg (5.53%), Vitamin B1: 0.07mg (4.65%), Vitamin B5: 0.46mg (4.62%), Folate: 17.09µg (4.27%), Vitamin B2: 0.06mg (3.74%), Iron: 0.65mg (3.61%), Zinc: 0.5mg (3.3%), Copper: 0.05mg (2.75%), Vitamin A: 75.98IU (1.52%), Calcium: 11.8mg (1.18%)