



Fiesta Lime Parmesan Halibut

READY IN



45 min.

SERVINGS



2

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon thyme leaves dried
- 0.5 clove garlic minced
- 2 servings salt and ground pepper black to taste
- 12 ounce halibut steaks
- 0.3 cup olive oil or as needed
- 0.5 cup panko bread crumbs
- 0.3 cup parmesan cheese shredded
- 0.5 teaspoon lime-flavored seasoning blend salt-free to taste mrs dash® (such as Fiesta Lime Seasoning)

Equipment

- oven
- blender
- baking pan

Directions

- Preheat an oven to 450 degrees F (230 degrees C).
- Season halibut steaks with salt, pepper, and 1/2 teaspoon lime-flavored seasoning blend.
- Arrange the halibut steaks on a baking dish.
- Place panko bread crumbs, Parmesan cheese, 1/8 teaspoon lime-flavored seasoning blend, thyme, and garlic in a blender.
- Blend with enough olive oil to just moisten the panko crumbs.
- Spoon panko crumb mixture over the halibut.
- Bake in the preheated oven until the fish flakes easily with a fork, 20 to 30 minutes.

Nutrition Facts

PROTEIN 30.42% **FAT 59.63%** **CARBS 9.95%**

Properties

Glycemic Index:72, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:24.456087017837%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 507.04kcal (25.35%), Fat: 33.36g (51.33%), Saturated Fat: 6.48g (40.51%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 11.19g (4.07%), Sugar: 1.09g (1.21%), Cholesterol: 91.85mg (30.62%), Sodium: 426.85mg (18.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.3g (76.6%), Selenium: 84.34µg (120.48%), Vitamin B3: 12.18mg (60.89%), Vitamin D: 8.06µg (53.71%), Phosphorus: 516.56mg (51.66%), Vitamin B6: 0.99mg (49.27%), Vitamin E: 5.21mg (34.74%), Vitamin B12: 2.07µg (34.56%), Vitamin K: 29.58µg (28.17%), Potassium: 802.99mg

(22.94%), Calcium: 213.83mg (21.38%), Vitamin B1: 0.24mg (16%), Magnesium: 55.31mg (13.83%), Manganese: 0.27mg (13.28%), Iron: 2.04mg (11.31%), Folate: 40.98µg (10.25%), Vitamin B2: 0.16mg (9.5%), Zinc: 1.23mg (8.21%), Vitamin B5: 0.74mg (7.4%), Fiber: 1.33g (5.33%), Vitamin A: 242.66IU (4.85%), Copper: 0.09mg (4.74%)