



## Garlic Halibut with Tomato-Caper Bruschetta

READY IN



95 min.

SERVINGS



4

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 baguette sliced
- 2 tablespoons butter
- 1 tablespoon nonpareil capers
- 0.8 cup chicken stock see
- 1 tablespoons freshly flat-leaf parsley chopped
- 2 tablespoons garlic chopped
- 2 garlic cloves diced
- 4 servings freshly green onions chopped for garnish
- 1.5 pounds halibut fillet cut in 6-ounce pieces

- 1 tablespoon juice of lemon
- 1 tablespoons olive oil extra-virgin
- 3 tablespoons olive oil
- 3 tablespoons parmesan grated
- 1.5 cups roma tomatoes diced
- 4 servings salt and pepper black freshly ground
- 1 teaspoon sugar
- 3 tablespoons onion diced white
- 3 tablespoons white wine
- 3 tablespoons white wine divided

## Equipment

- frying pan
- oven

## Directions

- Combine all ingredients, (except butter, 2 tablespoons white wine and 1/2 cup chicken stock) and let fish marinate for 1 hour.
- Remove from marinade, remove excess garlic, and pan saute until medium. Then deglaze with 2 tablespoons wine, 1/2 cup chicken stock and melt butter into the sauce.
- Let sauce reduce and season with salt and pepper.
- Serve fish with sauce poured over the top.
- Garnish with green onions and serve the Tomato-Caper Bruschetta alongside.
- Preheat oven to 350 degrees F.
- Add bread and toast until light brown.
- Remove, rub with whole cloves, and drizzle with 2 teaspoons of the olive oil.
- In a medium saute pan, heat remaining olive oil, add onions, capers and diced garlic, and cook until translucent. Deglaze with wine, then add tomatoes and sugar. Season with salt and pepper and cook for 3 to 5 minutes.
- Top toasted baguette with tomato-caper sauce and garnish with Parmesan.

# Nutrition Facts

PROTEIN 29.9% FAT 41.17% CARBS 28.93%

## Properties

Glycemic Index:126.21, Glycemic Load:23.09, Inflammation Score:-9, Nutrition Score:31.818695607393%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

## Nutrients (% of daily need)

Calories: 574.55kcal (28.73%), Fat: 25.42g (39.11%), Saturated Fat: 7.17g (44.81%), Carbohydrates: 40.19g (13.4%), Net Carbohydrates: 37.28g (13.56%), Sugar: 7.74g (8.6%), Cholesterol: 102.3mg (34.1%), Sodium: 734.83mg (31.95%), Alcohol: 2.32g (100%), Alcohol %: 0.67% (100%), Protein: 41.54g (83.08%), Selenium: 91.12µg (130.18%), Vitamin B3: 15.28mg (76.42%), Vitamin B6: 1.19mg (59.45%), Phosphorus: 538.03mg (53.8%), Vitamin D: 8.01µg (53.42%), Vitamin K: 47.6µg (45.33%), Vitamin B1: 0.52mg (34.65%), Potassium: 1149.31mg (32.84%), Vitamin B12: 1.93µg (32.13%), Folate: 111.61µg (27.9%), Manganese: 0.55mg (27.57%), Vitamin E: 3.97mg (26.46%), Vitamin A: 1206.81IU (24.14%), Vitamin C: 18.51mg (22.44%), Vitamin B2: 0.34mg (20.05%), Magnesium: 74.73mg (18.68%), Iron: 3.21mg (17.83%), Calcium: 153.84mg (15.38%), Fiber: 2.91g (11.64%), Copper: 0.23mg (11.42%), Zinc: 1.56mg (10.42%), Vitamin B5: 0.99mg (9.86%)