



Greek-Style Halibut

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

READY IN



30 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz garbanzo beans drained and rinsed canned
- 14.5 oz canned tomatoes diced chopped canned
- 1 fennel bulb trimmed cut into wedges
- 2 garlic clove finely chopped
- 16 oz pacific halibut filets
- 0.5 teaspoon kosher salt divided
- 2 tablespoons olive oil divided
- 2 tablespoons oregano fresh roughly chopped

- 1 tablespoon aniseed
- 0.5 teaspoon pepper divided

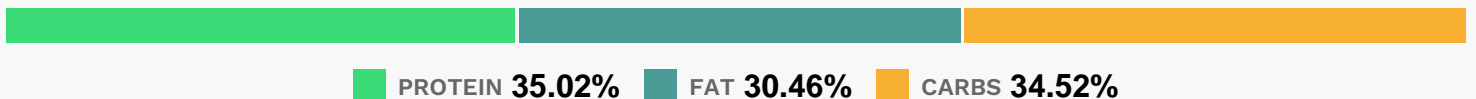
Equipment

- frying pan

Directions

- Heat a 12-in. nonstick frying pan over medium-high heat with 1 tbsp. oil. Rub halibut with 1/4 tsp. salt and 1/4 tsp. pepper. Lightly brown fish in frying pan on one side only, 3 to 4 minutes.
- Transfer to a plate.
- Add remaining oil to frying pan along with fennel and ouzo. Cook, stirring frequently, until light golden and almost tender, about 8 minutes.
- Add garlic and cook, stirring, until fragrant, 1 minute.
- Add tomatoes, 1/2 cup water, chickpeas, remaining salt and pepper, and the oregano and bring to a boil. Reduce heat to maintain a steady simmer.
- Lay halibut fillets, browned side up, in sauce and simmer until fish is cooked through, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:61.33, Glycemic Load:7.21, Inflammation Score:-10, Nutrition Score:30.417826237886%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 321.07kcal (16.05%), Fat: 11.28g (17.35%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 19.09g (6.94%), Sugar: 6.94g (7.71%), Cholesterol: 55.57mg (18.52%), Sodium: 820.87mg (35.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.34%), Selenium: 55.2µg (78.86%),

Manganese: 1.37mg (68.49%), Vitamin B6: 1.34mg (67.22%), Vitamin K: 62.38µg (59.41%), Vitamin B3: 9.32mg (46.61%), Phosphorus: 424.96mg (42.5%), Fiber: 9.66g (38.66%), Potassium: 1247.15mg (35.63%), Vitamin D: 5.33µg (35.53%), Iron: 4.77mg (26.52%), Vitamin E: 3.78mg (25.23%), Magnesium: 94.44mg (23.61%), Copper: 0.45mg (22.37%), Vitamin C: 17.42mg (21.11%), Vitamin B12: 1.25µg (20.79%), Folate: 74.62µg (18.65%), Calcium: 161.2mg (16.12%), Vitamin B1: 0.19mg (12.35%), Vitamin B5: 1.17mg (11.65%), Zinc: 1.68mg (11.2%), Vitamin A: 439.42IU (8.79%), Vitamin B2: 0.14mg (8.31%)