



Grilled Basil Halibut



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup avocado diced ripe
- ☐ 3 tablespoons basil fresh chopped
- ☐ 0.3 cup salad dressing italian
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce sea bass fillets skinless red
- ☐ 1 cup cherry tomatoes diced yellow halved

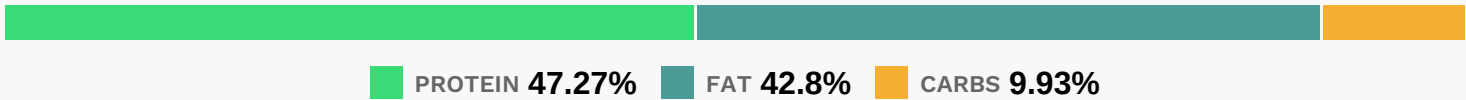
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high.
- ☐ Combine dressing and basil in a medium bowl.
- ☐ Remove 2 tablespoons of dressing mixture; spoon over fish. Grill fish 8 minutes or until opaque in center, turning after 4 minutes.
- ☐ Sprinkle with salt and pepper.
- ☐ While fish cooks, add tomato and avocado to dressing mixture in bowl; toss well. Spoon mixture over grilled fish.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:20.853913130968%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 267.61kcal (13.38%), Fat: 12.63g (19.43%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 3.76g (1.37%), Sugar: 2.77g (3.07%), Cholesterol: 136.08mg (45.36%), Sodium: 415.36mg (18.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.38g (62.77%), Vitamin B12: 6.5µg (108.3%), Selenium: 62.73µg (89.61%), Phosphorus: 369.96mg (37%), Vitamin B6: 0.65mg (32.41%), Vitamin K: 23.57µg (22.45%), Vitamin B3: 4.46mg (22.28%), Magnesium: 84.18mg (21.04%), Potassium: 716.98mg (20.49%), Vitamin B5: 1.85mg (18.5%), Vitamin C: 12.57mg (15.24%), Vitamin B1: 0.21mg (14.15%), Folate: 51.57µg (12.89%), Fiber: 2.83g (11.32%), Iron: 1.99mg (11.04%), Vitamin A: 475.09IU (9.5%), Vitamin E: 1.32mg (8.8%), Copper: 0.16mg (8.11%), Manganese: 0.16mg (7.8%), Zinc: 1mg (6.65%), Vitamin B2: 0.11mg (6.43%), Calcium: 39.32mg (3.93%)