



HEALTH SCORE

71%

Grilled Halibut and Fresh Mango Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black divided
- ☐ 1 tablespoon cider vinegar
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 24 ounce pacific halibut filets
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.5 cups mangos diced ripe peeled
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup onion diced
- ☐ 2 cups plum tomatoes diced seeded
- ☐ 1 teaspoon salt divided
- ☐ 1 teaspoon sugar

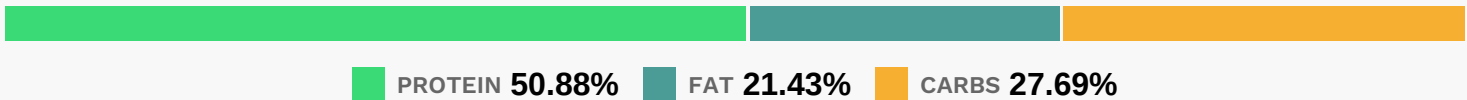
Equipment

- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 7 ingredients. Stir in 1/2 teaspoon salt, 1/2 teaspoon pepper, and garlic.
- ☐ Rub halibut with oil; sprinkle with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Place fish on grill rack; grill 3 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Serve with mango salsa.

Nutrition Facts



Properties

Glycemic Index:92.71, Glycemic Load:6.83, Inflammation Score:-9, Nutrition Score:27.196956572325%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 262.61kcal (13.13%), Fat: 6.3g (9.69%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 15.31g (5.57%), Sugar: 13.61g (15.12%), Cholesterol: 83.35mg (27.78%), Sodium: 706.06mg (30.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.63g (67.26%), Selenium: 78.31µg (111.87%), Vitamin B3: 12.26mg (61.31%), Vitamin B6: 1.15mg (57.51%), Vitamin D: 7.99µg (53.3%), Vitamin C: 43.47mg (52.69%), Phosphorus: 449.68mg (44.97%), Vitamin A: 1910.82IU (38.22%), Potassium: 1188.2mg (33.95%), Vitamin B12: 1.87µg (31.18%), Vitamin K: 21.22µg (20.21%), Vitamin E: 2.81mg (18.76%), Folate: 70.68µg (17.67%), Manganese: 0.33mg (16.4%), Magnesium: 62.87mg (15.72%), Fiber: 2.99g (11.97%), Vitamin B1: 0.16mg (10.81%), Copper: 0.2mg (10.19%), Vitamin B5: 0.87mg (8.72%), Vitamin B2: 0.11mg (6.44%), Zinc: 0.95mg (6.3%), Iron: 0.88mg (4.9%), Calcium: 43.13mg (4.31%)