



Grilled Halibut Salad with Raspberry Vinaigrette



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons basil fresh finely chopped
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 24 ounce pacific halibut filets
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon paprika
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 cup raspberry-flavored vinegar

- ☐ 8 cups gourmet salad greens
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon sugar

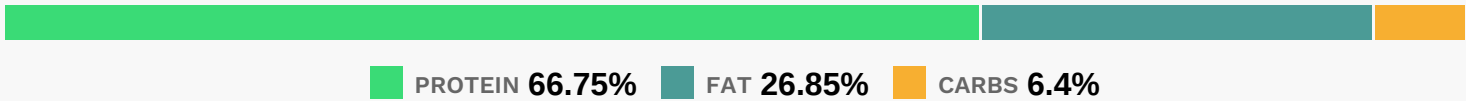
Equipment

- ☐ grill

Directions

- ☐ Sprinkle paprika and pepper over fillets. Arrange fillets in a wire grilling basket coated with cooking spray. Prepare grill.
- ☐ Place grilling basket on grill rack, and grill 6 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Combine vinegar and next 5 ingredients (vinegar through salt) in a jar. Cover tightly, and shake vigorously.
- ☐ Pour over greens; toss gently.
- ☐ Place 2 cups greens on each of 4 plates.
- ☐ Cut each fillet into 1/4-inch slices; arrange on top of greens.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:77.27, Glycemic Load:0.25, Inflammation Score:-8, Nutrition Score:22.148261044336%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 203.51kcal (10.18%), Fat: 5.85g (8.99%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 3.04g (1.11%), Sugar: 0.33g (0.37%), Cholesterol: 83.35mg (27.78%), Sodium: 283.29mg (12.32%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.69g (65.39%), Selenium: 77.91µg (111.3%), Vitamin B3: 11.54mg (57.7%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1mg (50%), Phosphorus: 434.92mg (43.49%), Vitamin B12: 1.87µg (31.18%), Potassium: 897.86mg (25.65%), Vitamin C: 19.9mg (24.12%), Vitamin A: 1171.55IU (23.43%), Vitamin K: 18.92µg (18.02%), Folate: 51.64µg (12.91%), Magnesium: 49.53mg (12.38%), Vitamin E: 1.59mg (10.58%), Manganese: 0.19mg (9.3%), Vitamin B1: 0.11mg (7.36%), Vitamin B5: 0.69mg (6.88%), Vitamin B2: 0.09mg (5.51%), Zinc: 0.8mg (5.36%), Iron: 0.92mg (5.13%), Copper: 0.08mg (4.19%), Calcium: 25.51mg (2.55%)