



HEALTH SCORE

58%

Grilled Halibut Steaks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon coarse salt
- ☐ 8 servings fennel bulb
- ☐ 2 teaspoons fennel seeds
- ☐ 2 large garlic clove
- ☐ 3 pound pacific halibut filets 1-inch-thick
- ☐ 1 optional: lemon
- ☐ 2 tablespoons olive oil

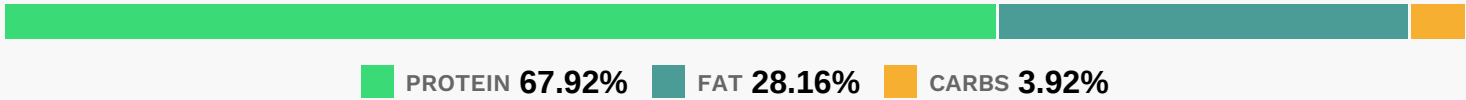
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Prepare grill.
- ☐ In a dry small skillet toast fennel seeds over moderate heat, shaking skillet, until fragrant and a shade darker. In an electric coffee/spice grinder grind seeds. Mince garlic. Squeeze juice from lemon into a small bowl and stir in fennel, garlic, salt, and oil. Put halibut in a large dish and pour marinade over it, turning fish to coat. Marinate halibut, covered and chilled, at least 10 minutes and no more than 1 hour.
- ☐ Grill halibut on a lightly oiled rack set 5 to 6 inches over glowing coals until just cooked through, about 5 minutes on each side. (Alternatively, grill halibut in a hot oiled well-seasoned ridged grill pan over moderate heat.)
- ☐ Serve halibut with tsatsiki.

Nutrition Facts



Properties

Glycemic Index:18.81, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:18.496521721716%

Flavonoids

Eriodictyol: 2.89mg, Eriodictyol: 2.89mg, Eriodictyol: 2.89mg, Eriodictyol: 2.89mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 192.8kcal (9.64%), Fat: 5.88g (9.05%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.38g (0.43%), Cholesterol: 83.35mg (27.78%), Sodium: 407.78mg (17.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.93g (63.85%), Selenium: 77.73µg (111.05%), Vitamin B3: 11.13mg (55.64%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.96mg (47.75%), Phosphorus: 407.67mg (40.77%),

Vitamin B12: 1.87µg (31.18%), Potassium: 774.27mg (22.12%), Magnesium: 42.49mg (10.62%), Vitamin E: 1.57mg (10.45%), Vitamin C: 7.61mg (9.23%), Vitamin B1: 0.09mg (6.27%), Vitamin B5: 0.62mg (6.16%), Folate: 22.19µg (5.55%), Zinc: 0.65mg (4.34%), Manganese: 0.07mg (3.53%), Vitamin B2: 0.06mg (3.33%), Iron: 0.49mg (2.71%), Copper: 0.05mg (2.63%), Vitamin K: 2.75µg (2.62%), Fiber: 0.62g (2.49%), Vitamin A: 119.02IU (2.38%), Calcium: 23.46mg (2.35%)