



 **100%**  
HEALTH SCORE

## Grilled Halibut Steaks on a Bed of Arugula with Tomato Salad and Gremolata

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

READY IN



**52 min.**

SERVINGS



**6**

CALORIES



**466 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 bunches arugula fresh washed and dried stemmed
- 6 servings pepper black freshly ground
- 3 tablespoons flat-leaf parsley finely chopped
- 0.3 cup basil leaves fresh chopped
- 1.5 teaspoons garlic finely minced
- 48 ounce halibut steaks
- 3 tablespoons juice of lemon freshly squeezed

- 1.5 teaspoons lemon zest finely grated
- 4.5 tablespoons olive oil
- 6 tablespoons olive oil extra-virgin
- 0.8 teaspoon sea salt
- 1 pinch sea salt generous
- 4.5 large summer tomatoes diced ripe seeded

## Equipment

- bowl
- baking pan
- grill

## Directions

- Make the tomato salad: In a large bowl, mix together all the ingredients and set aside.
- Place all the ingredients in a bowl and mix. Set aside.
- Place the olive oil and lemon juice in a large baking dish (or you can use a re-sealable baggie). Rinse the fish and pat it dry, season with the salt and pepper.
- Place the fish in the dish or re-sealable baggie, turning once to coat with the marinade.
- Let the fish marinate for 10 minutes at room temperature.
- Scatter the clean arugula on a 19-inch round or oval platter. Grill the fish over a medium hot fire for 5 to 6 minutes per side, until the flesh is opaque through to the center. When finished grilling, remove the hot fish immediately to the platter of arugula. Top with the tomato mixture, and sprinkle the gremolata over the top of the tomatoes.
- Serve immediately.

## Nutrition Facts

PROTEIN **38.51%**  FAT **54.27%**  CARBS **7.22%**

## Properties

Glycemic Index:47.33, Glycemic Load:1.88, Inflammation Score:-10, Nutrition Score:37.492174272952%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg Kaempferol: 19.87mg, Kaempferol: 19.87mg, Kaempferol: 19.87mg, Kaempferol: 19.87mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

## Nutrients (% of daily need)

Calories: 465.94kcal (23.3%), Fat: 28.21g (43.4%), Saturated Fat: 4.14g (25.87%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 5.7g (2.07%), Sugar: 4.99g (5.54%), Cholesterol: 111.13mg (37.04%), Sodium: 475.36mg (20.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.04g (90.07%), Selenium: 103.72µg (148.17%), Vitamin K: 125.63µg (119.65%), Vitamin B3: 15.8mg (79.01%), Vitamin D: 10.66µg (71.06%), Vitamin B6: 1.41mg (70.55%), Phosphorus: 601.25mg (60.13%), Vitamin A: 2869.87IU (57.4%), Potassium: 1546.73mg (44.19%), Vitamin B12: 2.49µg (41.58%), Vitamin C: 33.86mg (41.04%), Vitamin E: 5.93mg (39.54%), Folate: 108.05µg (27.01%), Magnesium: 96.48mg (24.12%), Manganese: 0.41mg (20.37%), Vitamin B1: 0.19mg (12.98%), Calcium: 128.4mg (12.84%), Vitamin B5: 1.17mg (11.74%), Fiber: 2.75g (10.98%), Iron: 1.89mg (10.53%), Copper: 0.19mg (9.46%), Zinc: 1.36mg (9.08%), Vitamin B2: 0.15mg (8.71%)