



Grilled Halibut with Basil-Shallot Butter

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups basil leaves fresh loosely packed ()
- ☐ 36 ounce pacific halibut filets
- ☐ 1 teaspoon lemon zest grated
- ☐ 6 servings olive oil extra-virgin
- ☐ 1 large shallots coarsely chopped
- ☐ 0.5 cup butter unsalted room temperature

Equipment

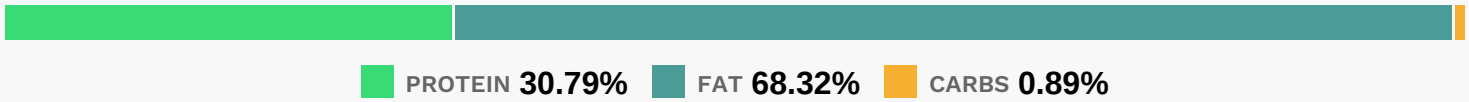
- ☐ food processor

- ☐ bowl
- ☐ grill

Directions

- ☐ Finely chop basil and shallot in mini food processor.
- ☐ Add butter, 2 tablespoons at a time, and process until blended, stopping occasionally to scrape down sides.
- ☐ Transfer to small bowl; stir in lemon peel and season basil–shallot butter with salt.
- ☐ Prepare barbecue (medium heat). Rub fish fillets on both sides with olive oil. Grill until fillets are just opaque in center, about 4 minutes per side.
- ☐ Transfer fish to plates. Immediately spread some basil–shallot butter over fish.
- ☐ Serve, passing additional basilshallot butter alongside.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.21, Inflammation Score:-7, Nutrition Score:21.087391075881%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 418.72kcal (20.94%), Fat: 31.65g (48.69%), Saturated Fat: 12.15g (75.93%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.37g (0.41%), Cholesterol: 124.02mg (41.34%), Sodium: 118.79mg (5.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.1g (64.19%), Selenium: 77.82µg (111.18%), Vitamin B3: 11.15mg (55.73%), Vitamin D: 8.28µg (55.19%), Vitamin B6: 0.96mg (47.85%), Phosphorus: 411.87mg (41.19%), Vitamin K: 34.69µg (33.03%), Vitamin B12: 1.9µg (31.72%), Vitamin E: 3.54mg (23.62%), Potassium: 776.75mg (22.19%), Vitamin A: 903.53IU (18.07%), Magnesium: 44.27mg (11.07%), Folate: 26.52µg (6.63%), Vitamin B5: 0.63mg (6.3%), Vitamin B1: 0.09mg (6.05%), Manganese: 0.1mg (5.03%), Zinc: 0.7mg (4.64%), Vitamin B2: 0.06mg (3.71%), Copper: 0.07mg (3.46%), Iron: 0.6mg (3.32%), Calcium: 29.2mg (2.92%), Vitamin C: 1.84mg (2.23%), Fiber: 0.26g (1.06%)