



HEALTH SCORE

68%

Grilled Halibut with BBQ Butter



Gluten Free



Very Healthy

READY IN



51 min.

SERVINGS



6

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds asparagus trimmed
- ☐ 2 teaspoons neely's bbq seasoning
- ☐ 6 tablespoons butter at room temperature
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 36 ounce pacific halibut filets
- ☐ 0.3 teaspoon kosher salt as needed plus more
- ☐ 6 servings olive oil extra-virgin for brushing
- ☐ 3.8 tablespoons onion powder

- ☐ 1 teaspoon orange zest grated
- ☐ 1 teaspoon oregano leaves fresh finely chopped
- ☐ 1.5 cups paprika
- ☐ 6 servings freshly cracked pepper black
- ☐ 1 scallion light white green finely chopped
- ☐ 0.8 cup sugar

Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Stir the paprika, sugar and onion powder together in a bowl and set aside.
- ☐ In a small bowl, using a rubber spatula, combine the oregano, scallions, butter, barbeque seasoning, orange zest, 1/4 teaspoon salt and cayenne pepper. Spoon the seasoned butter onto a piece of plastic wrap. Using the plastic wrap as a shield for your hands, shape the butter into a log, wrapping it in the plastic, and refrigerate for at least 30 minutes.
- ☐ Heat a grill to medium-high.
- ☐ Brush the fish fillets on both sides with olive oil and season with salt and pepper. Grill the halibut fillets until the center of the fish is opaque and firm, about 4 minutes per side.
- ☐ Brush the asparagus with some more oil and season the stalks with salt and pepper. Grill the spears until they are tender, turning them once, about 6 minutes total.
- ☐ Transfer the fish and asparagus to serving plates.
- ☐ Spread a generous tablespoon of the barbeque butter over the fish.
- ☐ Serve the remaining butter alongside the fish, if desired.

Nutrition Facts



 PROTEIN **24.59%**  FAT **44.09%**  CARBS **31.32%**

Properties

Glycemic Index:53.02, Glycemic Load:19.15, Inflammation Score:-10, Nutrition Score:48.523478010426%

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 Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Quercetin: 21.35mg, Quercetin: 21.35mg, Quercetin: 21.35mg, Quercetin: 21.35mg

Nutrients (% of daily need)

Calories: 603.88kcal (30.19%), Fat: 31.56g (48.56%), Saturated Fat: 10.34g (64.6%), Carbohydrates: 50.46g (16.82%), Net Carbohydrates: 36.74g (13.36%), Sugar: 31g (34.45%), Cholesterol: 113.45mg (37.82%), Sodium: 328.59mg (14.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.61g (79.21%), Vitamin A: 15010.93IU (300.22%), Selenium: 83.82µg (119.74%), Vitamin K: 113.84µg (108.42%), Vitamin E: 13.08mg (87.17%), Vitamin B6: 1.71mg (85.45%), Vitamin B3: 15.37mg (76.87%), Phosphorus: 586.79mg (58.68%), Iron: 10.23mg (56.84%), Fiber: 13.73g (54.9%), Vitamin D: 7.99µg (53.3%), Potassium: 1732.73mg (49.51%), Manganese: 0.89mg (44.6%), Vitamin B2: 0.62mg (36.3%), Vitamin B12: 1.89µg (31.58%), Folate: 120.03µg (30.01%), Magnesium: 118.93mg (29.73%), Copper: 0.56mg (28.23%), Vitamin B1: 0.42mg (27.86%), Zinc: 2.86mg (19.09%), Vitamin B5: 1.73mg (17.3%), Calcium: 154.86mg (15.49%), Vitamin C: 10.83mg (13.13%)