



Grilled Halibut with Chimichurri



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup flat parsley chopped
- ☐ 1 tablespoon garlic minced
- ☐ 24 ounce pacific halibut filets ()
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.8 pepper hot
- ☐ 1 tablespoon shallots minced
- ☐ 1 tablespoon vegetable oil

☐ 1 tablespoon water

Equipment

☐ whisk

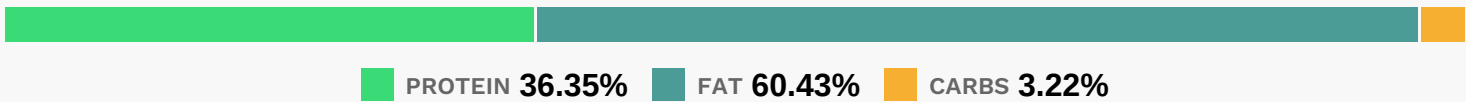
☐ grill

☐ grill pan

Directions

- ☐ Whisk together olive oil, lemon juice, water, garlic, shallot, red-pepper flakes, and 1/2 tsp each of salt and pepper until salt has dissolved. Stir in parsley.
- ☐ Let chimichurri stand 20 minutes.
- ☐ Meanwhile, prepare grill for direct-heat cooking over medium-hot charcoal (medium heat for gas).
- ☐ Pat fish dry, then brush with vegetable oil and sprinkle with 1/2 tsp salt and 1/4 tsp pepper (total).
- ☐ Oil grill rack, then grill fish, covered only if using a gas grill, turning once, until just cooked through, 8 to 10 minutes total.
- ☐ Serve fish drizzled with some of chimichurri; serve remainder on the side.
- ☐ ·Halibut can be cooked in a hot oiled large (2-burner) ridged grill pan over medium heat.·Chimichurri can be made 1 hour ahead and kept, covered, at room temperature.
- ☐ Per serving: 332 calories, 17g fat (2g saturated), 63mg cholesterol, 546mg sodium, 2g carbohydrates, 0g fiber, 41g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.4, Inflammation Score:-8, Nutrition Score:25.810434859732%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 24.26mg, Apigenin: 24.26mg, Apigenin: 24.26mg, Apigenin: 24.26mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 356.2kcal (17.81%), Fat: 23.8g (36.62%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.7g (0.78%), Cholesterol: 83.35mg (27.78%), Sodium: 123.61mg (5.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.22g (64.44%), Vitamin K: 201.66µg (192.06%), Selenium: 77.91µg (111.3%), Vitamin B3: 11.26mg (56.28%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.98mg (49.15%), Phosphorus: 413.79mg (41.38%), Vitamin B12: 1.87µg (31.18%), Vitamin E: 4.02mg (26.83%), Vitamin C: 21.69mg (26.29%), Potassium: 834.87mg (23.85%), Vitamin A: 1068.42IU (21.37%), Magnesium: 46.75mg (11.69%), Folate: 41.48µg (10.37%), Vitamin B1: 0.1mg (6.93%), Vitamin B5: 0.67mg (6.68%), Iron: 1.15mg (6.39%), Zinc: 0.77mg (5.16%), Manganese: 0.08mg (3.98%), Vitamin B2: 0.07mg (3.95%), Copper: 0.07mg (3.36%), Calcium: 33.25mg (3.32%), Fiber: 0.55g (2.18%)