



Grilled Halibut with Fennel and Orange

 **Gluten Free**  **Dairy Free**

READY IN

ready

29 min.

SERVINGS

servings

4

CALORIES

calories

184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons carapelli® extra virgin olive oil
- ☐ 0.5 cup fennel bulb very thinly sliced
- ☐ 16 ounce haddock fillets skinless
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cara cara oranges
- ☐ 0.5 teaspoon paprika smoked

Equipment

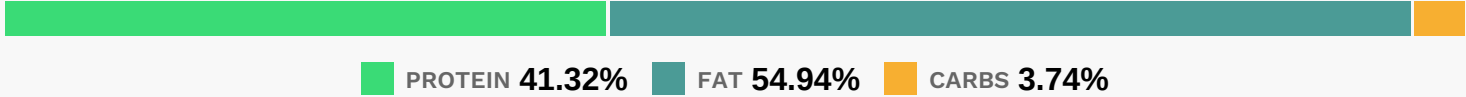
- ☐ bowl

- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a grill to medium-high heat or have a ridged grill pan ready.
- ☐ Cut 1 of the oranges in half and squeeze 2 tablespoons juice. In a medium bowl, combine olive oil and juice. Spoon 2 tablespoons of the mixture over fish.
- ☐ Sprinkle paprika over fish; let stand 10 minutes.
- ☐ Peel remaining orange and separate into sections.
- ☐ Add the orange sections and fennel to the bowl; toss with olive oil mixture.
- ☐ Grill fish (or cook in a heated ridged grill pan over medium heat) 4 minutes per side or until fish is opaque in center.
- ☐ Transfer to serving plates and top with fennel and orange mixture and sea salt.
- ☐ Garnish with tarragon if desired.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:9.8930434973344%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 183.87kcal (9.19%), Fat: 11.07g (17.03%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.12g (0.41%), Sugar: 1.06g (1.18%), Cholesterol: 61.24mg (20.41%), Sodium: 538.26mg (23.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.74g (37.48%), Selenium: 29.5µg (42.14%), Vitamin B12: 2.08µg (34.59%), Phosphorus: 264.55mg (26.45%), Vitamin B3: 3.93mg (19.63%), Vitamin B6: 0.33mg (16.65%), Vitamin E:

2.17mg (14.47%), Vitamin K: 13.46µg (12.82%), Potassium: 386.97mg (11.06%), Magnesium: 26.76mg (6.69%), Vitamin C: 4.77mg (5.78%), Vitamin B5: 0.5mg (5.05%), Folate: 18.62µg (4.65%), Vitamin A: 216.97IU (4.34%), Vitamin B2: 0.07mg (4.34%), Vitamin D: 0.57µg (3.78%), Zinc: 0.4mg (2.67%), Fiber: 0.58g (2.32%), Iron: 0.39mg (2.18%), Calcium: 21.26mg (2.13%), Vitamin B1: 0.03mg (2.02%), Manganese: 0.04mg (1.98%), Copper: 0.04mg (1.8%)