



Grilled Halibut with Fennel, Tomatoes, and Roasted Garlic Rouille



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 3 cups fennel bulb green thinly sliced for garnish if you like ()
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 3 tbsp olive oil
- ☐ 1 tablespoon orange peel grated

- ☐ 4 servings roasted garlic rouille
- ☐ 0.5 teaspoon saffron threads crumbled
- ☐ 1.5 lbs onions sweet thinly sliced
- ☐ 0.8 lb firm-ripe tomatoes coarsely chopped
- ☐ 4 pieces boned dried thick rinsed (1 in. , 5 to 6 oz. each)

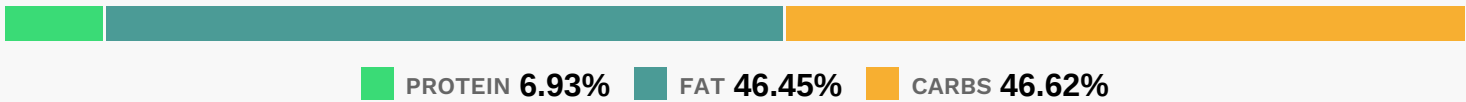
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Pour 3 tbsp. oil into a large frying pan over medium heat. When hot, add onions, fennel, and garlic and cook, stirring occasionally, until very soft, about 15 minutes.
- ☐ Add wine, orange peel, thyme, and saffron; boil over medium-high heat, stirring often, until liquid has evaporated, about 3 minutes.
- ☐ Add tomatoes and salt and pepper to taste; reduce heat to low and cook, occasionally stirring gently, just until heated through, about 2 minutes.
- ☐ Meanwhile, prepare a grill for direct medium-high heat (about 450; you can hold your hand 5 in. above cooking grate only 4 to 6 seconds); oil grill well. Rub halibut all over with oil and sprinkle with salt and pepper.
- ☐ Lay halibut on cooking grate; close lid if using a gas grill. Cook, gently turning once, just until fish is opaque but still moist-looking in center of thickest part (cut to test), 6 to 10 minutes total.
- ☐ Spoon vegetables onto plates and top with halibut; garnish with fennel greens if you like.
- ☐ Serve rouille alongside.

Nutrition Facts



Properties

Glycemic Index:88.75, Glycemic Load:2.97, Inflammation Score:-10, Nutrition Score:14.134347926015%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg Quercetin: 25.48mg, Quercetin: 25.48mg, Quercetin: 25.48mg, Quercetin: 25.48mg

Nutrients (% of daily need)

Calories: 222.24kcal (11.11%), Fat: 11.02g (16.96%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 19.74g (7.18%), Sugar: 13.7g (15.22%), Cholesterol: 0.49mg (0.16%), Sodium: 55.61mg (2.42%), Alcohol: 3.09g (100%), Alcohol %: 1.05% (100%), Protein: 3.7g (7.4%), Vitamin K: 54.93µg (52.31%), Vitamin C: 34.68mg (42.04%), Manganese: 0.55mg (27.47%), Vitamin B6: 0.44mg (21.81%), Potassium: 743.32mg (21.24%), Fiber: 5.15g (20.6%), Folate: 71.39µg (17.85%), Vitamin A: 888.95IU (17.78%), Vitamin E: 2.4mg (16%), Phosphorus: 119.79mg (11.98%), Copper: 0.22mg (11.17%), Magnesium: 44.07mg (11.02%), Calcium: 100mg (10%), Iron: 1.74mg (9.65%), Vitamin B1: 0.13mg (8.43%), Vitamin B3: 1.34mg (6.71%), Vitamin B2: 0.09mg (5.49%), Vitamin B5: 0.47mg (4.68%), Zinc: 0.65mg (4.36%), Selenium: 2.81µg (4.01%)