



Grilled Halibut with Green Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds pacific halibut filets
- 1 tablespoon vegetable oil
- 1 teaspoon lawry's seasoned salt
- 16 ounces salsa verde green (salsa verde) (2 cups)
- 1 avocado ripe chopped
- 2 tablespoons olives ripe chopped
- 1 serving cream sour
- 1 leaves cilantro leaves fresh

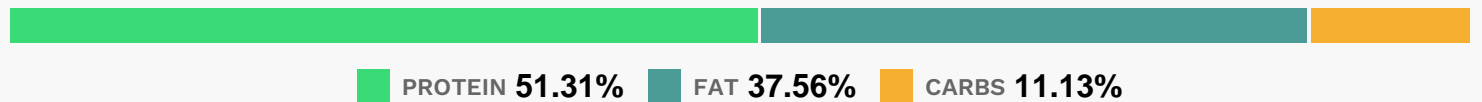
Equipment

grill

Directions

- Heat coals or gas grill for direct heat.
- Brush fish lightly with oil; sprinkle with seasoned salt.
- Grill fish 4 to 5 inches from medium-high heat about 10 minutes, turning once, until fish flakes easily with fork.
- Mix salsa, avocado and olives.
- Serve over fish.
- Garnish with sour cream and cilantro.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:22.656956900721%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 289.02kcal (14.45%), Fat: 11.68g (17.97%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 5.45g (1.98%), Sugar: 5.03g (5.59%), Cholesterol: 93.79mg (31.26%), Sodium: 1104.29mg (48.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.9g (71.81%), Selenium: 86.42µg (123.45%), Vitamin B3: 12.9mg (64.48%), Vitamin D: 8.88µg (59.22%), Vitamin B6: 1.12mg (56.18%), Phosphorus: 465.16mg (46.52%), Vitamin B12: 2.08µg (34.72%), Potassium: 1142.64mg (32.65%), Vitamin E: 2.15mg (14.3%), Vitamin A: 682.22IU (13.64%), Magnesium: 53.73mg (13.43%), Folate: 50.12µg (12.53%), Vitamin K: 11.79µg (11.23%), Vitamin B5: 1.12mg (11.22%), Fiber: 2.34g (9.35%), Vitamin B1: 0.12mg (7.87%), Vitamin C: 6.29mg (7.62%), Vitamin B2: 0.1mg (6.12%), Zinc: 0.9mg (6.03%), Copper: 0.11mg (5.57%), Manganese: 0.07mg (3.51%), Iron: 0.51mg (2.82%), Calcium: 21.01mg (2.1%)