



HEALTH SCORE

71%

Grilled Halibut with Grilled Red Pepper Harissa



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 garlic clove peeled
- ☐ 2 teaspoons ground coriander divided
- ☐ 2 teaspoons ground cumin divided
- ☐ 1 optional: lemon halved
- ☐ 20 ounce mahi-mahi
- ☐ 4 servings olive oil for brushing plus 1/4 cup
- ☐ 2 large bell pepper red seeded quartered
- ☐ 1 jalapeno red

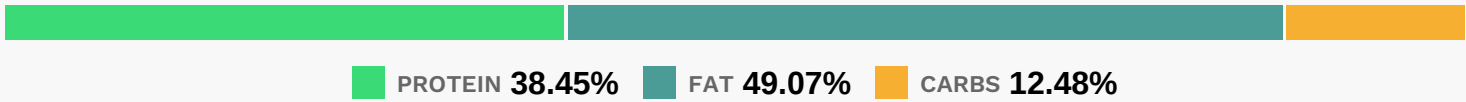
Equipment

- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ metal skewers

Directions

- ☐ Prepare barbecue (medium-high heat). Thread jalapeño and garlic clove onto metal skewer.
- ☐ Brush jalapeño, garlic, fish, and red bell peppers with oil; sprinkle with salt and pepper.
- ☐ Sprinkle fish with 1/2 teaspoon cumin and 1/2 teaspoon coriander. Grill fish, bell peppers,jalapeño, and garlic until vegetables are tender and charred and fish is just cooked through, about 4 minutes per side for fish and 8 minutes per side for vegetables. Grill lemon, cut side down, until charred, about 3 minutes.
- ☐ Transfer fish to plate and tent with foil to keep warm.
- ☐ Peel charred parts of skin from bell peppers and cut stem from jalapeño, and transfer to blender, discarding peel and stem.
- ☐ Add garlic clove, remaining 1/4 cup oil, 1 1/2 teaspoons cumin, and 1 1/2 teaspoons coriander to blender. Process until coarse puree forms. Season sauce generously to taste with salt and pepper.
- ☐ Place 1 fish fillet on each of 4 plates. Squeeze grilled lemon over. Spoon sauce over fish and serve.
- ☐ One serving contains the following: Calories (kcal)445.46;%Calories from Fat
- ☐ 4;Fat (g) 35.81;Saturated Fat (g)5.71;Cholesterol (mg)70.25;Carbohydrates (g)7.07;Dietary Fiber (g)3.03;Total Sugars (g)2.51;Net Carbs (g)4.04;Protein (g)23.20
- ☐ Bon Appétit
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:1.68, Inflammation Score:-9, Nutrition Score:23.289999878925%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 282.64kcal (14.13%), Fat: 15.74g (24.21%), Saturated Fat: 2.28g (14.28%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 5.94g (2.16%), Sugar: 4.33g (4.82%), Cholesterol: 103.48mg (34.49%), Sodium: 131.31mg (5.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.75g (55.49%), Vitamin C: 124.82mg (151.3%), Selenium: 52.37µg (74.81%), Vitamin A: 2874.59IU (57.49%), Vitamin B3: 9.59mg (47.96%), Vitamin B6: 0.86mg (42.93%), Potassium: 844.92mg (24.14%), Phosphorus: 240.07mg (24.01%), Vitamin E: 3.41mg (22.73%), Iron: 3.07mg (17.06%), Magnesium: 62.48mg (15.62%), Vitamin B12: 0.85µg (14.17%), Vitamin B5: 1.39mg (13.86%), Vitamin K: 13µg (12.38%), Fiber: 3.07g (12.28%), Folate: 48.7µg (12.18%), Vitamin B2: 0.18mg (10.84%), Manganese: 0.19mg (9.63%), Zinc: 0.99mg (6.57%), Vitamin B1: 0.1mg (6.41%), Copper: 0.11mg (5.36%), Calcium: 52.41mg (5.24%)