



Grilled Halibut with Lemon Sauce



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 0.3 teaspoon rosemary dried
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon parsley fresh minced
- ☐ 6 ounce pacific halibut filets
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 teaspoon salt

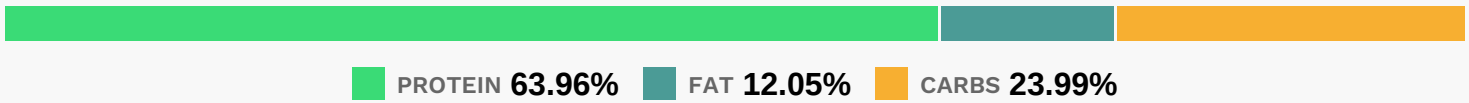
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 3 ingredients in a small saucepan. Bring to a boil; cook 1 minute, stirring constantly.
- ☐ Remove from heat. Stir in parsley, salt, oregano, and rosemary; set mixture aside, and keep warm.
- ☐ Place fillets on grill rack coated with cooking spray; cover and grill 6 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Serve with warm lemon sauce.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.1221739222174%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 26.04kcal (1.3%), Fat: 0.34g (0.53%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.47g (0.53%), Sugar: 0.23g (0.26%), Cholesterol: 10.42mg (3.47%), Sodium: 247.3mg (10.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Selenium: 10.2µg (14.58%), Vitamin K: 8.59µg (8.18%), Vitamin B3: 1.52mg (7.6%), Vitamin D: 1µg (6.66%), Vitamin B6: 0.12mg (6.21%), Phosphorus: 53.64mg (5.36%), Vitamin B12: 0.28µg (4.61%), Vitamin C: 3.62mg (4.39%), Potassium: 110.38mg (3.15%), Magnesium: 6.02mg

(1.5%), Folate: 5.21µg (1.3%), Vitamin A: 57.98IU (1.16%), Vitamin B5: 0.11mg (1.11%), Vitamin E: 0.16mg (1.04%)