



 **57%**
HEALTH SCORE

Grilled Halibut with Olive Salsa

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

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.5 teaspoon bottled garlic minced
- 2 tablespoons parsley fresh chopped
- 24 ounce pacific halibut filets skinless
- 0.5 cup olives ripe chopped
- 0.5 teaspoon salt
- 2 tablespoons oil-packed sun-dried tomato halves drained chopped

Equipment

- bowl
- grill
- grill pan

Directions

- Heat a nonstick grill pan over medium-high heat until hot and a drop of water sizzles when dropped on the grill pan.
- Sprinkle fish evenly with salt and pepper; coat with cooking spray. Grill 4 to 5 minutes on each side or until fish flakes easily when tested with a fork.
- While fish cooks, combine olives and next 3 ingredients in a small bowl.
- Serve salsa over fish.
- carbo rating: 1

Nutrition Facts

PROTEIN 70.39% **FAT 24.25%** **CARBS 5.36%**

Properties

Glycemic Index:43.5, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:20.510434731193%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 187.67kcal (9.38%), Fat: 4.94g (7.6%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 1.48g (0.54%), Sugar: 1.06g (1.17%), Cholesterol: 83.35mg (27.78%), Sodium: 673.53mg (29.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.28g (64.55%), Selenium: 77.95µg (111.36%), Vitamin B3: 11.37mg (56.86%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.96mg (47.78%), Phosphorus: 413.32mg (41.33%), Vitamin K: 34.33µg (32.69%), Vitamin B12: 1.87µg (31.18%), Potassium: 848.07mg (24.23%), Magnesium: 47.21mg (11.8%), Vitamin E: 1.7mg (11.32%), Vitamin A: 371.35IU (7.43%), Vitamin B1: 0.1mg (6.99%), Vitamin B5: 0.65mg (6.53%), Folate: 25.7µg (6.42%), Copper: 0.1mg (5.08%), Manganese: 0.1mg (4.76%), Zinc: 0.7mg (4.66%), Vitamin C: 3.84mg (4.65%), Iron: 0.73mg (4.06%), Vitamin B2: 0.07mg (3.96%), Fiber: 0.98g (3.9%), Calcium: 28.06mg (2.81%)