



Grilled Halibut with Orange Rémoulade

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 2 teaspoons capers drained chopped
- ☐ 1 tablespoon cooking oil
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon tarragon dried fresh chopped
- ☐ 2 dilled gherkins chopped
- ☐ 4 servings fresh-ground pepper black

- ☐ 4 halibut steaks (2 pounds in all)
- ☐ 0.8 cup mayonnaise
- ☐ 4 teaspoons orange juice fresh
- ☐ 0.5 teaspoon salt

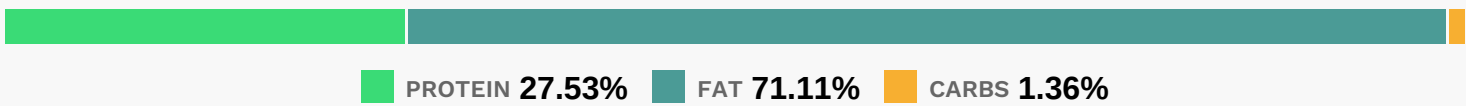
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ broiler

Directions

- ☐ In a small glass or stainless-steel bowl, whisk together the mayonnaise, mustard, orange juice, tarragon, capers, gherkins, anchovy paste, parsley, and 1/8 teaspoon pepper.
- ☐ Light the grill or heat the broiler. Coat the halibut with the oil and season with the salt and 1/4 teaspoon pepper. Grill or broil the fish for 3 minutes. Turn and cook until just done, about 4 minutes longer.
- ☐ Serve the fish with the orange rmoulade.
- ☐ Serve grilled or broiled salmon steaks, salmon fillets, or skewered sea scallops with the rmoulade in place of the halibut.
- ☐ Wine Recommendation: The capers, mustard, and orange juice will go very well with a light, lively white wine with plenty of acidity. Try a pinot grigio from Italy, preferably from the northern Alto Adige region.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:22.965652289598%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 481.8kcal (24.09%), Fat: 37.55g (57.76%), Saturated Fat: 5.71g (35.7%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.95g (1.06%), Cholesterol: 101.58mg (33.86%), Sodium: 817.47mg (35.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.7g (65.4%), Selenium: 81.58µg (116.54%), Vitamin K: 88.21µg (84.01%), Vitamin B3: 11.32mg (56.59%), Vitamin D: 8.09µg (53.91%), Vitamin B6: 0.95mg (47.45%), Phosphorus: 422.5mg (42.25%), Vitamin B12: 1.93µg (32.12%), Potassium: 788.45mg (22.53%), Vitamin E: 3.1mg (20.66%), Magnesium: 45.87mg (11.47%), Vitamin B1: 0.11mg (7.45%), Vitamin B5: 0.7mg (7.04%), Folate: 27.34µg (6.83%), Vitamin C: 4.97mg (6.02%), Zinc: 0.77mg (5.1%), Vitamin A: 253.2IU (5.06%), Vitamin B2: 0.07mg (4.3%), Manganese: 0.08mg (4.03%), Iron: 0.66mg (3.67%), Copper: 0.07mg (3.32%), Calcium: 26.32mg (2.63%), Fiber: 0.44g (1.77%)