

 97%
HEALTH SCORE

Grilled Halibut with Peach and Pepper Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup arugula fresh chopped
- ☐ 0.4 teaspoon pepper black freshly ground
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.5 habanero pepper minced seeded
- ☐ 24 ounce pacific halibut filets skinless
- ☐ 0.3 cup juice of lemon fresh (2 lemons)
- ☐ 4 teaspoons juice of lemon fresh

- ☐ 4 teaspoons olive oil
- ☐ 4 teaspoons oregano fresh chopped
- ☐ 0.5 teaspoon paprika
- ☐ 1 pound peaches yellow peeled coarsely chopped
- ☐ 1 cup bell pepper red chopped (1 medium)
- ☐ 0.1 teaspoon salt
- ☐ 0.4 teaspoon salt

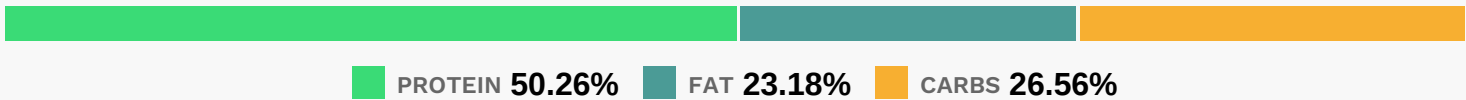
Equipment

- ☐ whisk
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ To prepare salsa, combine first 9 ingredients; toss gently.
- ☐ Let stand 30 minutes before serving.
- ☐ Prepare grill to medium-high heat.
- ☐ To prepare fish, combine 4 teaspoons juice, oil, paprika, and 1 garlic clove in a large, shallow glass baking dish, stirring with a whisk.
- ☐ Add fish to juice mixture; turn to coat. Cover and let stand 15 minutes.
- ☐ Remove fish from marinade; discard marinade.
- ☐ Sprinkle fish evenly with 3/8 teaspoon salt and black pepper.
- ☐ Place fish on a grill rack coated with cooking spray; grill 3 minutes on each side or until desired degree of doneness.
- ☐ Serve fish with salsa.

Nutrition Facts



Properties

Glycemic Index:78.31, Glycemic Load:4.7, Inflammation Score:-10, Nutrition Score:29.458261033763%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 263.09kcal (13.15%), Fat: 6.89g (10.6%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 13.95g (5.07%), Sugar: 12g (13.33%), Cholesterol: 83.35mg (27.78%), Sodium: 425.6mg (18.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.61g (67.22%), Selenium: 80.29µg (114.7%), Vitamin C: 64.06mg (77.65%), Vitamin B3: 12.56mg (62.8%), Vitamin B6: 1.13mg (56.34%), Vitamin D: 7.99µg (53.3%), Phosphorus: 447.36mg (44.74%), Vitamin A: 1943.94IU (38.88%), Vitamin K: 39.83µg (37.93%), Vitamin B12: 1.87µg (31.18%), Potassium: 1047.4mg (29.93%), Vitamin E: 3.56mg (23.75%), Magnesium: 62.98mg (15.74%), Fiber: 3.81g (15.23%), Folate: 60.55µg (15.14%), Manganese: 0.29mg (14.7%), Iron: 1.84mg (10.22%), Vitamin B1: 0.15mg (9.97%), Vitamin B5: 0.95mg (9.49%), Vitamin B2: 0.14mg (8.52%), Copper: 0.17mg (8.32%), Zinc: 1.1mg (7.31%), Calcium: 64.03mg (6.4%)