



Grilled Halibut with Pineapple-Lime Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large garlic clove minced
- ☐ 16 ounce halibut steaks (3/)
- ☐ 1 tablespoon jalapeno seeded finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon mint flakes dried
- ☐ 0.3 cup pineapple preserves
- ☐ 8 ounce dole pineapple tidbits unsweetened drained canned
- ☐ 0.3 cup bell pepper red finely chopped

- ☐ 2 tablespoons onion red finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vegetable oil

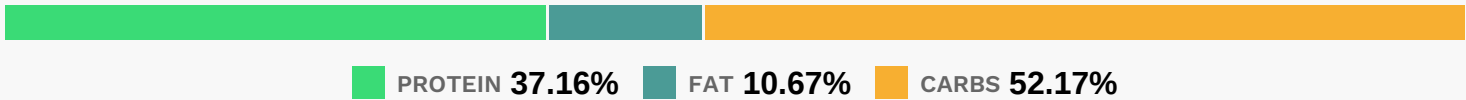
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Combine the first 8 ingredients in a bowl; stir well. Set salsa aside.
- ☐ Combine oil and garlic; brush over fish.
- ☐ Sprinkle 1/4 teaspoon salt over fish; set aside.
- ☐ Prepare grill or broiler.
- ☐ Place fish on grill rack or broiler pan coated with cooking spray, and cook 3 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Spoon the salsa over the fish.
- ☐ Serve with lime wedges, and garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:10.9, Inflammation Score:-6, Nutrition Score:15.981738930163%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.25mg,

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 234.78kcal (11.74%), Fat: 2.78g (4.27%), Saturated Fat: 0.52g (3.28%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 29.04g (10.56%), Sugar: 22.72g (25.24%), Cholesterol: 55.57mg (18.52%), Sodium: 306.15mg (13.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.54%), Selenium: 52.67µg (75.24%), Vitamin B3: 7.72mg (38.61%), Vitamin B6: 0.73mg (36.69%), Vitamin D: 5.33µg (35.53%), Vitamin C: 27.04mg (32.78%), Phosphorus: 284.36mg (28.44%), Vitamin B12: 1.25µg (20.79%), Potassium: 635.89mg (18.17%), Magnesium: 39.45mg (9.86%), Vitamin A: 453.47IU (9.07%), Vitamin B1: 0.13mg (8.78%), Vitamin E: 1.13mg (7.52%), Folate: 27.24µg (6.81%), Copper: 0.13mg (6.34%), Fiber: 1.52g (6.07%), Vitamin B2: 0.08mg (4.89%), Vitamin B5: 0.46mg (4.58%), Iron: 0.67mg (3.72%), Manganese: 0.07mg (3.66%), Zinc: 0.54mg (3.58%), Vitamin K: 3.69µg (3.52%), Calcium: 29.33mg (2.93%)