



# Grilled Halibut with Sweet Pepper and Balsamic Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 1 tablespoon capers
- 1 tablespoon olive oil extravirgin
- 3 tablespoons chives fresh divided finely chopped
- 1 teaspoon marjoram fresh finely chopped
- 3 tablespoons parsley fresh divided finely chopped
- 1 garlic clove minced

- 24 ounce pacific halibut filets
- 2 bell peppers red
- 0.8 teaspoon salt divided
- 2 tablespoons balsamic vinegar white
- 2 bell peppers yellow

## Equipment

- grill
- ziploc bags
- cutting board

## Directions

- Prepare grill.
- Cut bell peppers in half lengthwise; discard seeds and membranes.
- Place pepper halves, skin sides down, on a cutting board or work surface; flatten with hand.
- Place pepper halves on a grill rack coated with cooking spray; grill 12 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand 10 minutes. Peel and cut into strips.
- Combine bell peppers, 2 tablespoons parsley, 2 tablespoons chives, vinegar, oil, capers, marjoram, 1/4 teaspoon salt, 1/4 teaspoon black pepper, and garlic; toss gently to coat.
- Sprinkle fish evenly with remaining 1/2 teaspoon salt and remaining 1/4 teaspoon black pepper.
- Place fish on grill rack coated with cooking spray; grill 6 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- Sprinkle fish with remaining 1 tablespoon parsley and remaining 1 tablespoon chives.
- Serve with bell pepper mixture.

## Nutrition Facts



■ PROTEIN **58.71%** ■ FAT **24.45%** ■ CARBS **16.84%**

## Properties

Glycemic Index:75.75, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:30.614347955455%

## Flavonoids

Apigenin: 6.52mg, Apigenin: 6.52mg, Apigenin: 6.52mg, Apigenin: 6.52mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

## Nutrients (% of daily need)

Calories: 228.27kcal (11.41%), Fat: 6.14g (9.44%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 7.42g (2.7%), Sugar: 3.78g (4.2%), Cholesterol: 83.35mg (27.78%), Sodium: 614.49mg (26.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.15g (66.29%), Vitamin C: 190.99mg (231.51%), Selenium: 77.97µg (111.38%), Vitamin B3: 12.26mg (61.3%), Vitamin B6: 1.22mg (61.08%), Vitamin K: 60.34µg (57.47%), Vitamin D: 7.99µg (53.3%), Vitamin A: 2452.87IU (49.06%), Phosphorus: 437.5mg (43.75%), Vitamin B12: 1.87µg (31.18%), Potassium: 1031.24mg (29.46%), Folate: 70.74µg (17.68%), Vitamin E: 2.53mg (16.87%), Magnesium: 58.11mg (14.53%), Manganese: 0.23mg (11.29%), Vitamin B1: 0.14mg (9.36%), Vitamin B5: 0.9mg (9%), Fiber: 2.08g (8.34%), Vitamin B2: 0.13mg (7.42%), Copper: 0.14mg (6.82%), Iron: 1.18mg (6.54%), Zinc: 0.93mg (6.22%), Calcium: 34.59mg (3.46%)