



Grilled Halibut with Tarragon Beurre Blanc

 Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings asparagus with lemon and pecorino
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 3 tablespoons butter cut into small pieces
- ☐ 0.7 cup cooking wine dry white
- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 24 ounce pacific halibut filets
- ☐ 0.3 teaspoon kosher salt

- ☐ 4 servings rosemary–garlic roasted potatoes
- ☐ 0.3 cup shallots chopped
- ☐ 2 large tarragon sprigs

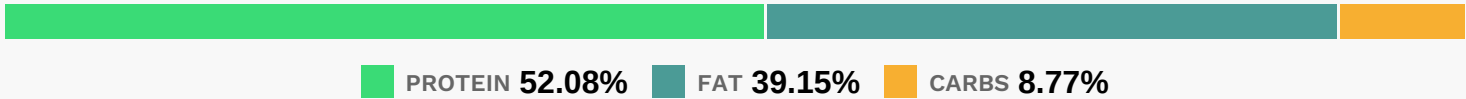
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ measuring cup
- ☐ grill pan

Directions

- ☐ Combine first 4 ingredients in a small heavy saucepan over medium–high heat; bring to a boil. Cook until liquid is reduced to 2 tablespoons (about 9 minutes).
- ☐ Remove from heat; strain through a fine sieve over a measuring cup, pressing mixture to release liquid. Discard solids. Return liquid to pan.
- ☐ Add butter, 1 piece at a time, stirring with a whisk until butter is incorporated. Stir in tarragon.
- ☐ Sprinkle fish evenly with salt and ground pepper.
- ☐ Heat a large grill pan over medium–high heat. Coat pan with cooking spray.
- ☐ Add fish to pan; cook 5 minutes on each side or until desired degree of doneness.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:102.75, Glycemic Load:1.43, Inflammation Score:-6, Nutrition Score:20.163912970087%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 282.83kcal (14.14%), Fat: 10.9g (16.77%), Saturated Fat: 5.93g (37.05%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 4.69g (1.71%), Sugar: 1.61g (1.79%), Cholesterol: 105.92mg (35.31%), Sodium: 333.58mg (14.5%), Alcohol: 4.12g (100%), Alcohol %: 2.16% (100%), Protein: 32.64g (65.27%), Selenium: 78.41µg (112.02%), Vitamin B3: 11.28mg (56.39%), Vitamin B6: 1.07mg (53.38%), Vitamin D: 7.99µg (53.3%), Phosphorus: 429.33mg (42.93%), Vitamin B12: 1.89µg (31.48%), Potassium: 873.48mg (24.96%), Manganese: 0.33mg (16.33%), Magnesium: 51.96mg (12.99%), Vitamin E: 1.31mg (8.72%), Vitamin A: 430.47IU (8.61%), Folate: 29.62µg (7.4%), Vitamin B1: 0.11mg (7.14%), Vitamin B5: 0.69mg (6.86%), Iron: 1.02mg (5.68%), Zinc: 0.82mg (5.44%), Vitamin B2: 0.08mg (4.87%), Calcium: 43.64mg (4.36%), Copper: 0.08mg (4.02%), Vitamin C: 2.67mg (3.24%), Fiber: 0.8g (3.21%), Vitamin K: 2.59µg (2.46%)