



Grilled Halibut with Three-Pepper Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 6 ounce pacific halibut filets skinless

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 orange bell pepper quartered
- ☐ 1 bell pepper red quartered
- ☐ 1 bell pepper yellow quartered

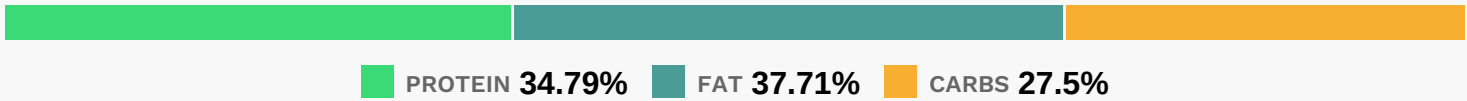
Equipment

- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ To prepare relish, coat bell pepper pieces with cooking spray.
- ☐ Place pepper pieces on a grill rack; grill 3 minutes on each side or until lightly charred.
- ☐ Remove from grill; cool slightly. Coarsely chop bell pepper pieces.
- ☐ Combine chopped bell peppers, parsley, and next 6 ingredients (through garlic); set aside.
- ☐ To prepare fish, brush 1 tablespoon oil evenly over fish.
- ☐ Sprinkle fish evenly with thyme, 3/4 teaspoon salt, and 1/2 teaspoon black pepper.
- ☐ Place fish on grill rack; grill 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve with relish.
- ☐ Wine note: This dish begs for a good sauvignon blanc. Bell peppers, herbs, and capers all have bold flavors ranging from fresh green to herbal to briny. A good sauvignon will mirror all the green flavors here and provide a crisp counterpoint to the subtle flavor of the fish. Try the Kunde Sauvignon Blanc 2007 from the Sonoma Valley (about \$16). Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:41.88, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:9.4786956517593%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 50.68kcal (2.53%), Fat: 2.19g (3.38%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 2.62g (0.95%), Sugar: 1.57g (1.74%), Cholesterol: 10.42mg (3.47%), Sodium: 363.21mg (15.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.11%), Vitamin C: 67.71mg (82.07%), Vitamin A: 1087.28IU (21.75%), Vitamin K: 19.72µg (18.78%), Selenium: 9.86µg (14.08%), Vitamin B6: 0.24mg (11.82%), Vitamin B3: 1.85mg (9.24%), Vitamin D: 1µg (6.66%), Phosphorus: 64.04mg (6.4%), Vitamin E: 0.88mg (5.86%), Potassium: 202.5mg (5.79%), Folate: 22.35µg (5.59%), Manganese: 0.1mg (4.92%), Fiber: 0.98g (3.92%), Vitamin B12: 0.23µg (3.9%), Magnesium: 12.87mg (3.22%), Iron: 0.46mg (2.58%), Vitamin B2: 0.04mg (2.49%), Vitamin B1: 0.03mg (2.22%), Copper: 0.04mg (2.1%), Vitamin B5: 0.2mg (2.04%), Zinc: 0.21mg (1.41%), Calcium: 11.66mg (1.17%)