



 **94%**
HEALTH SCORE

Grilled Halibut with Tomato, Green Olive, and Celery Sauce

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

READY IN



45 min.

SERVINGS



6

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large to 3 anchovies with flat side of a chef's knife minced mashed
- 0.5 teaspoon celery salt
- 2 large inner celery stalks diced finely
- 6 servings fish fillet
- 0.3 cup flat-leaf parsley chopped
- 6 fillet pacific halibut with skin, each 1 in. thick and 5 to 6 oz.
- 1 tablespoon horseradish prepared

- 1 teaspoon hot sauce such as tabasco
- 6 servings sauce
- 0.3 teaspoon kosher salt
- 0.8 teaspoon kosher salt
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil
- 3 tablespoons olive oil extra-virgin
- 8 cracked olives green minced
- 1 pound cranberry-orange relish red finely chopped
- 1 teaspoon pepper
- 0.3 cup onion red minced
- 2 tablespoons sherry vinegar

Equipment

- bowl
- paper towels
- grill
- tongs
- chefs knife

Directions

- Combine ingredients in a bowl, adding hot sauce, salt, anchovies, and olives to taste. Set aside 30 to 60 minutes for flavors to come together.
- Heat a grill to high (about 450). Prepare fish: In a large, shallow bowl, coat fish with oil.
- Combine pepper, kosher salt, and celery salt; rub all over fish. Oil cooking grate, using a wad of oiled paper towels and tongs. Grill fish, turning once, until marks appear and fish is just cooked through, 5 to 6 minutes total.
- Serve with sauce.
- *To pit olives, smash one at a time with the flat side of a chef's knife, and cut out pit.

Nutrition Facts

PROTEIN 65.43% FAT 30.22% CARBS 4.35%

Properties

Glycemic Index:41, Glycemic Load:1.1, Inflammation Score:-9, Nutrition Score:38.580869612486%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 487.31kcal (24.37%), Fat: 15.88g (24.43%), Saturated Fat: 2.65g (16.55%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 3.64g (1.32%), Sugar: 2.94g (3.26%), Cholesterol: 201.22mg (67.07%), Sodium: 991.32mg (43.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.35g (154.7%), Selenium: 187.14µg (267.35%), Vitamin B3: 27.31mg (136.57%), Vitamin D: 19.21µg (128.05%), Vitamin B6: 2.32mg (116.02%), Phosphorus: 991.58mg (99.16%), Vitamin B12: 4.51µg (75.2%), Potassium: 2010.91mg (57.45%), Vitamin K: 53.7µg (51.14%), Vitamin E: 4.49mg (29.92%), Magnesium: 107.49mg (26.87%), Vitamin A: 1144.59IU (22.89%), Vitamin C: 16.49mg (19.99%), Folate: 68.81µg (17.2%), Vitamin B1: 0.24mg (16.14%), Vitamin B5: 1.52mg (15.17%), Zinc: 1.7mg (11.33%), Manganese: 0.2mg (9.96%), Vitamin B2: 0.15mg (8.76%), Copper: 0.16mg (8.17%), Iron: 1.24mg (6.87%), Fiber: 1.51g (6.06%), Calcium: 50.81mg (5.08%)