



Grilled Lemon Garlic Halibut Steaks



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds ahi tuna steak
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil

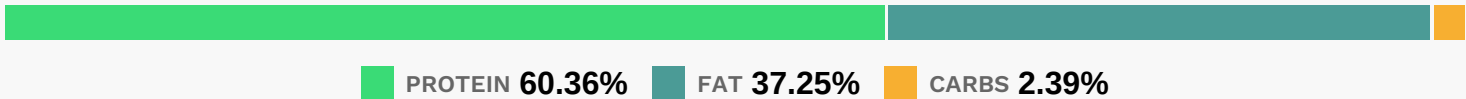
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Brush grill rack with vegetable oil.
- ☐ Heat coals or gas grill for direct heat. In shallow glass or plastic dish or resealable food-storage plastic bag, mix lemon juice, 1 tablespoon oil, the salt, pepper and garlic.
- ☐ Add fish; turn several times to coat with marinade. Cover dish or seal bag and refrigerate 10 minutes.
- ☐ Remove fish from marinade; reserve marinade. Cover and grill fish 4 to 6 inches from medium heat 10 to 15 minutes, turning once and brushing with marinade, until fish flakes easily with fork. Discard any remaining marinade.
- ☐ Sprinkle fish with parsley and lemon peel.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.19, Inflammation Score:-10, Nutrition Score:38.413478193076%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 364.6kcal (18.23%), Fat: 14.6g (22.45%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.49g (0.55%), Cholesterol: 86.18mg (28.73%), Sodium: 236.42mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.21g (106.41%), Vitamin B12: 21.39µg (356.45%), Selenium: 83.03µg (118.61%), Vitamin A: 5269.34IU (105.39%), Vitamin B3: 19.71mg (98.54%), Vitamin D: 12.93µg (86.18%),

Vitamin K: 67.98µg (64.75%), Phosphorus: 582.13mg (58.21%), Vitamin B6: 1.06mg (53.19%), Vitamin B1: 0.56mg (37.17%), Vitamin B2: 0.58mg (34.02%), Magnesium: 117.01mg (29.25%), Vitamin B5: 2.44mg (24.41%), Potassium: 618.12mg (17.66%), Vitamin E: 2.6mg (17.36%), Vitamin C: 13.29mg (16.11%), Iron: 2.61mg (14.5%), Copper: 0.21mg (10.54%), Zinc: 1.43mg (9.54%), Manganese: 0.08mg (4.16%), Folate: 13.55µg (3.39%), Calcium: 29.6mg (2.96%), Fiber: 0.39g (1.57%)