



HEALTH SCORE

85%

Grilled Pacific Halibut with Rhubarb Compote and Balsamic Strawberries



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 28 ounce pacific halibut fillets
- ☐ 4 servings olive oil
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 4 servings rhubarb compote
- ☐ 1 cup strawberries fresh halved
- ☐ 2 teaspoons sugar

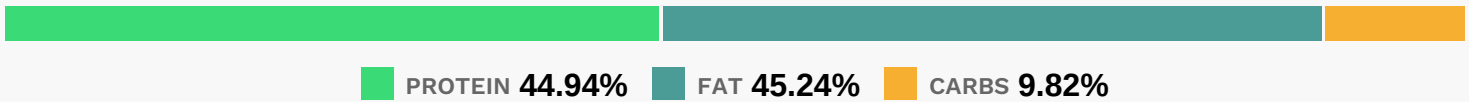
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 4 ingredients in a small bowl, tossing gently.
- ☐ Brush halibut with oil; place, skin side up, on grill. Grill, covered, over medium-high heat (350 to 40
- ☐ minutes. Turn fillets, and grill 5 more minutes or until fish flakes with a fork.
- ☐ Serve with Rhubarb Compote and balsamic strawberries.

Nutrition Facts



Properties

Glycemic Index:63.77, Glycemic Load:2.78, Inflammation Score:-6, Nutrition Score:24.909565210342%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epicatechin 3-gallate: 0.42mg, Epicatechin 3-gallate: 0.42mg, Epicatechin 3-gallate: 0.42mg, Epicatechin 3-gallate: 0.42mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 340.05kcal (17%), Fat: 16.88g (25.97%), Saturated Fat: 2.55g (15.94%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 6.41g (2.33%), Sugar: 5.03g (5.58%), Cholesterol: 97.24mg (32.41%), Sodium: 138.98mg (6.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.73g (75.45%), Selenium: 91.32µg (130.46%), Vitamin B3: 13.24mg (66.21%), Vitamin D: 9.33µg (62.18%), Vitamin B6: 1.12mg (55.96%), Phosphorus: 486.37mg (48.64%), Vitamin B12: 2.18µg (36.38%), Vitamin C: 26.05mg (31.57%), Potassium: 1099.49mg (31.41%), Vitamin K: 27.2µg (25.9%), Vitamin E: 3.5mg (23.31%), Manganese: 0.29mg (14.68%), Magnesium: 58.23mg (14.56%), Folate: 36.73µg (9.18%), Vitamin B1: 0.12mg (8.01%), Vitamin B5: 0.78mg (7.78%), Calcium: 73.63mg (7.36%), Fiber: 1.83g (7.34%), Zinc: 0.83mg (5.53%), Vitamin B2: 0.09mg (5.07%), Vitamin A: 199.84IU (4%), Iron: 0.71mg (3.96%), Copper: 0.08mg (3.89%)