



HEALTH SCORE

61%

Halibut and Chickpea Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



216 kcal

SIDE DISH

Ingredients



1 cup arugula chopped



0.3 teaspoon pepper black freshly ground



0.5 teaspoon pepper black freshly ground



15 ounce chickpeas canned garbanzo beans



10 cherry tomatoes halved



1 fennel bulb halved thinly sliced



1 head frisée chopped



1 teaspoon ground cumin

- ☐ 6 ounce halibut steak
- ☐ 2 teaspoons honey
- ☐ 1 juice of lemon juiced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

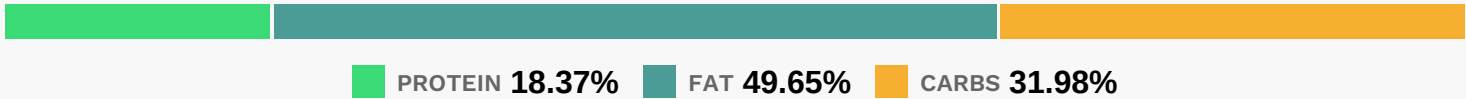
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place a grill pan over medium-high heat.
- ☐ Brush the halibut with olive oil and season both sides with salt and pepper. Grill until cooked through, about 4 minutes per side.
- ☐ Let the fish rest for a few minutes then cut into 1-inch cubes.
- ☐ For the salad: In a large bowl, combine the frisee, arugula, tomatoes, chickpeas, and fennel. In a small bowl mix together the olive oil, lemon juice, honey, cumin, salt, and pepper.
- ☐ Drizzle the olive oil mixture over the salad and toss to combine. Top with fish and serve.

Nutrition Facts



Properties

Glycemic Index:48.1, Glycemic Load:4.4, Inflammation Score:-9, Nutrition Score:20.535652139912%

Flavonoids

Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 216.27kcal (10.81%), Fat: 12.43g (19.12%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 11.81g (4.29%), Sugar: 4.62g (5.13%), Cholesterol: 13.89mg (4.63%), Sodium: 549.2mg (23.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.7%), Vitamin K: 147.66µg (140.63%), Vitamin A: 2458.84IU (49.18%), Manganese: 0.91mg (45.28%), Vitamin B6: 0.58mg (28.92%), Vitamin C: 22.72mg (27.54%), Fiber: 6.2g (24.81%), Selenium: 14.94µg (21.34%), Folate: 81.12µg (20.28%), Vitamin E: 2.93mg (19.55%), Potassium: 634.91mg (18.14%), Phosphorus: 173.03mg (17.3%), Copper: 0.28mg (14.18%), Vitamin B3: 2.56mg (12.81%), Magnesium: 49.7mg (12.43%), Iron: 2.1mg (11.68%), Calcium: 96.95mg (9.7%), Vitamin B5: 0.9mg (8.99%), Vitamin D: 1.33µg (8.88%), Zinc: 0.91mg (6.07%), Vitamin B1: 0.08mg (5.24%), Vitamin B12: 0.31µg (5.2%), Vitamin B2: 0.08mg (4.8%)