



HEALTH SCORE

92%

Halibut and Chorizo Stew with Garlic Toasts



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



949 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes diced drained canned
- ☐ 2 ounces chorizo sausage diced spanish
- ☐ 2 ounce ciabatta bread
- ☐ 0.5 cup cooking sherry dry
- ☐ 1.5 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 garlic clove halved
- ☐ 3 garlic cloves sliced

- ☐ 20 ounce pacific halibut filets skinless
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup lower-sodium chicken broth fat-free
- ☐ 15 ounce no-salt-added chickpeas rinsed drained canned (garbanzo beans)
- ☐ 2 teaspoons olive oil divided
- ☐ 1 cup onion chopped

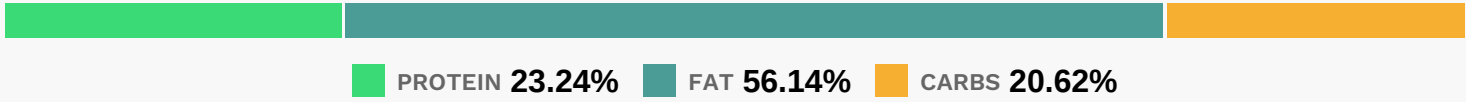
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Heat a large saut pan over medium heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add chorizo; saut 3 minutes or until lightly browned.
- ☐ Add onion; saut 3 minutes or until just tender.
- ☐ Add sliced garlic; saut 1 minute.
- ☐ Add sherry; cook 1 1/2 minutes, scraping pan to loosen browned bits. Stir in broth and next 5 ingredients (through chickpeas); stir to combine. Nestle halibut fillets in stew; spoon tomato mixture over fillets. Cover and simmer 5 minutes or until fish flakes easily with a fork or desired degree of doneness.
- ☐ Place ciabatta slices on a baking sheet. Broil 1 minute or until toasted.
- ☐ Brush toasts with remaining 1 teaspoon oil; rub toasts with cut sides of halved garlic clove.
- ☐ Serve toasts with stew.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:5.32, Inflammation Score:-9, Nutrition Score:47.110000195711%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 949.03kcal (47.45%), Fat: 61.11g (94.02%), Saturated Fat: 12.94g (80.89%), Carbohydrates: 50.51g (16.84%), Net Carbohydrates: 40.44g (14.71%), Sugar: 21.92g (24.36%), Cholesterol: 79.46mg (26.49%), Sodium: 650.87mg (28.3%), Alcohol: 3.09g (100%), Alcohol %: 0.67% (100%), Protein: 56.92g (113.84%), Vitamin B3: 25.7mg (128.5%), Manganese: 2.09mg (104.64%), Selenium: 70.85µg (101.21%), Vitamin E: 13.33mg (88.87%), Vitamin B6: 1.65mg (82.26%), Phosphorus: 776.83mg (77.68%), Magnesium: 259.61mg (64.9%), Potassium: 1953.02mg (55.8%), Vitamin D: 6.66µg (44.41%), Copper: 0.87mg (43.71%), Fiber: 10.07g (40.26%), Folate: 145.59µg (36.4%), Vitamin K: 37.18µg (35.41%), Vitamin C: 26.72mg (32.39%), Iron: 5.14mg (28.58%), Vitamin B1: 0.41mg (27.1%), Vitamin B12: 1.56µg (25.99%), Zinc: 3.87mg (25.81%), Vitamin B5: 2.25mg (22.53%), Vitamin B2: 0.37mg (21.77%), Calcium: 152.41mg (15.24%), Vitamin A: 721.17IU (14.42%)