



Halibut and Potatoes with Cilantro Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup cooking wine dry white
- ☐ 1.5 cups fat-skimmed chicken broth
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 12 thin-skinned potatoes red scrubbed ()
- ☐ 4 servings salt and pepper white
- ☐ 1.5 pounds boned firm

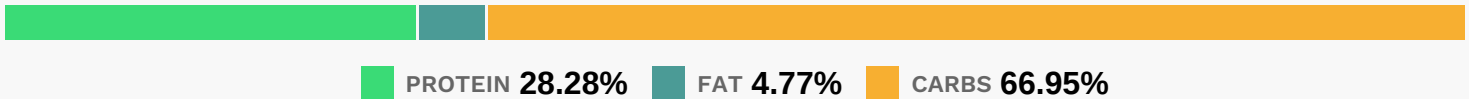
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring potatoes, broth, wine, and garlic to a boil. Cover, reduce heat, and simmer 15 minutes.
- ☐ Meanwhile, rinse fish and cut into 4 equal pieces.
- ☐ Add to pan and return broth mixture to a boil over high heat; cover, reduce heat, and simmer just until fish is opaque but still moist-looking in center of thickest part (cut to test) and potatoes are tender when pierced, 10 to 12 minutes. With a slotted spatula, lift fish and potatoes from broth and arrange equally on plates; keep warm.
- ☐ In a small bowl, mix cornstarch with 1 tablespoon water until smooth.
- ☐ Add to broth mixture over high heat and stir until mixture boils, about 1 minute. Stir in cilantro and add salt and pepper to taste. Spoon sauce equally over fish.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.31, Inflammation Score:-8, Nutrition Score:44.712173855823%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 641.15kcal (32.06%), Fat: 3.32g (5.11%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 105.06g (35.02%), Net Carbohydrates: 94.08g (34.21%), Sugar: 8.7g (9.66%), Cholesterol: 83.35mg (27.78%), Sodium: 775.58mg (33.72%), Alcohol: 3.09g (100%), Alcohol %: 0.42% (100%), Protein: 44.37g (88.74%), Selenium: 83.02µg (118.6%), Potassium: 3712.75mg (106.08%), Vitamin B6: 2.07mg (103.66%), Vitamin B3: 18.96mg (94.8%), Phosphorus: 810.26mg (81.03%), Vitamin C: 56.12mg (68.02%), Vitamin D: 7.99µg (53.3%), Manganese: 1.01mg (50.38%), Copper: 0.92mg (46.22%), Magnesium: 184.64mg (46.16%), Fiber: 10.98g (43.92%), Vitamin B1: 0.62mg (41.03%), Folate: 137.88µg (34.47%), Vitamin B12: 2.04µg (34.02%), Iron: 5.22mg (28.99%), Vitamin B5: 2.51mg (25.05%), Vitamin K: 24.89µg (23.7%), Zinc: 2.81mg (18.73%), Vitamin B2: 0.28mg (16.29%), Calcium: 87.03mg (8.7%), Vitamin E: 1.15mg (7.69%), Vitamin A: 293.84IU (5.88%)