



HEALTH SCORE

67%

Halibut and Red Pepper Skewers with Chili-Lime Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 6 spring onion cut into 1-inch lengths (30 pieces)
- ☐ 1.5 pounds pacific halibut filets 1-inch-thick cut into 1-inch cubes (30 pieces)
- ☐ 0.5 cup juice of lime fresh
- ☐ 4 tablespoons olive oil
- ☐ 1 large bell pepper red cut into 1-inch triangles (30 pieces)
- ☐ 1.5 teaspoons serrano chiles with seeds minced

☐ 2 tablespoons sugar

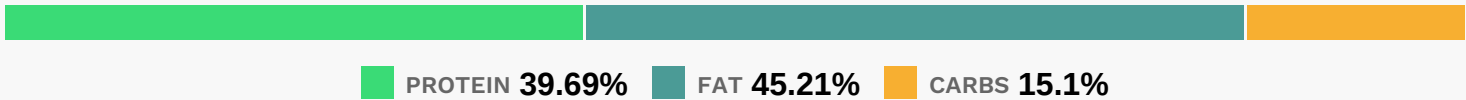
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ metal skewers

Directions

- ☐ Whisk fresh lime juice, 2 tablespoons olive oil, 2 tablespoons sugar, chopped fresh cilantro, and minced serrano chilies in small bowl until sugar fully dissolves.
- ☐ Let sauce stand 1 hour at room temperature to allow flavors to blend together. Season sauce to taste with salt and pepper. (Chili-lime sauce can be made 8 hours ahead. Cover and refrigerate. Bring sauce to room temperature before using.)
- ☐ Prepare barbecue (medium-high heat). Alternate halibut pieces, bell pepper pieces and onion pieces on six 10- to 12-inch metal skewers.
- ☐ Sprinkle with salt and pepper.
- ☐ Drizzle kebabs with remaining 2 tablespoons olive oil. Grill until fish is opaque in center and singed in places, turning kebabs occasionally, about 6 minutes.
- ☐ Transfer kebabs to platter.
- ☐ Serve kebabs, passing chili-lime sauce separately.

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:3.32, Inflammation Score:-8, Nutrition Score:18.449999954389%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg,

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 217.29kcal (10.86%), Fat: 10.98g (16.89%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 7.26g (2.64%), Sugar: 5.78g (6.42%), Cholesterol: 55.57mg (18.52%), Sodium: 80.9mg (3.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.68g (43.36%), Selenium: 51.86µg (74.08%), Vitamin C: 43.57mg (52.81%), Vitamin B3: 7.75mg (38.76%), Vitamin B6: 0.72mg (35.94%), Vitamin D: 5.33µg (35.53%), Vitamin K: 32.6µg (31.05%), Phosphorus: 282.29mg (28.23%), Vitamin A: 1079.69IU (21.59%), Vitamin B12: 1.25µg (20.79%), Potassium: 610.41mg (17.44%), Vitamin E: 2.59mg (17.24%), Folate: 36.12µg (9.03%), Magnesium: 33.54mg (8.38%), Vitamin B1: 0.08mg (5.57%), Vitamin B5: 0.51mg (5.12%), Vitamin B2: 0.07mg (4.2%), Fiber: 0.99g (3.96%), Zinc: 0.54mg (3.61%), Manganese: 0.07mg (3.39%), Iron: 0.56mg (3.09%), Copper: 0.05mg (2.38%), Calcium: 21.64mg (2.16%)