



Halibut and Shrimp with Minted Broth

READY IN



38 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium carrots peeled thinly sliced
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon curry paste green
- ☐ 16 ounce pacific halibut filets
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 large leeks rinsed trimmed thinly sliced
- ☐ 1 cup lower-sodium chicken broth fat-free

- ☐ 1.5 tablespoons olive oil
- ☐ 12 medium shrimp deveined peeled
- ☐ 1.5 tablespoons butter unsalted

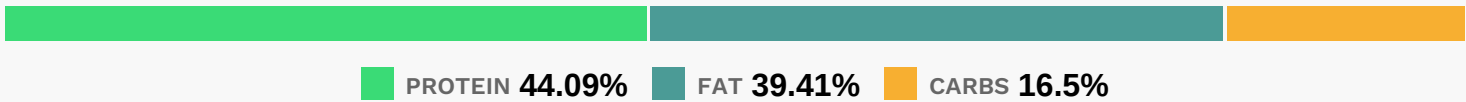
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil and butter to pan; swirl until butter melts.
- ☐ Add leeks; saut 3 minutes, stirring occasionally.
- ☐ Add garlic and carrots; saut 3 minutes, stirring constantly.
- ☐ Remove from heat.
- ☐ Sprinkle salt evenly over both sides of fillets; arrange fillets and shrimp in a single layer on top of carrot mixture.
- ☐ Combine broth, wine, and curry paste in a small bowl, stirring with a whisk.
- ☐ Add curry mixture to pan with fish; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until desired degree of doneness.
- ☐ Place 1 fillet in each of 4 shallow soup bowls; divide shrimp, vegetables, and broth evenly among servings.
- ☐ Sprinkle each serving with 1 1/2 teaspoons mint.

Nutrition Facts



Properties

Glycemic Index:43.46, Glycemic Load:2.98, Inflammation Score:-10, Nutrition Score:23.186087110768%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 277.49kcal (13.87%), Fat: 11.68g (17.97%), Saturated Fat: 3.93g (24.59%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 8.97g (3.26%), Sugar: 3.61g (4.02%), Cholesterol: 115.15mg (38.38%), Sodium: 400.71mg (17.42%), Alcohol: 1.54g (100%), Alcohol %: 0.63% (100%), Protein: 29.41g (58.82%), Vitamin A: 6741.32IU (134.83%), Selenium: 52.54µg (75.05%), Vitamin B6: 0.8mg (40.14%), Vitamin B3: 7.94mg (39.68%), Phosphorus: 366.91mg (36.69%), Vitamin D: 5.41µg (36.06%), Vitamin K: 28.56µg (27.2%), Potassium: 904.42mg (25.84%), Vitamin B12: 1.26µg (20.94%), Manganese: 0.36mg (18.05%), Vitamin E: 2.18mg (14.55%), Magnesium: 56.81mg (14.2%), Folate: 51.1µg (12.78%), Copper: 0.23mg (11.31%), Vitamin C: 8.87mg (10.76%), Iron: 1.69mg (9.41%), Fiber: 2.04g (8.14%), Calcium: 81.16mg (8.12%), Vitamin B1: 0.11mg (7.37%), Zinc: 1.01mg (6.74%), Vitamin B5: 0.57mg (5.67%), Vitamin B2: 0.08mg (4.58%)