



Halibut Baked in Fresh Green Salsa

READY IN



40 min.

SERVINGS



6

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter
- 0.3 cup cilantro leaves fresh whole packed coarsely chopped
- 2 tablespoons flour
- 6 servings kosher salt
- 1 tbsp juice of lime
- 0.5 cup chicken broth reduced-sodium
- 0.5 cup onion coarsely chopped
- 2 poblano pepper fresh stemmed seeded (6 oz. total)
- 1 fillet salmon fillet thick

- 0.8 cup cream sour divided
- 0.8 cup tomatillos coarsely chopped (see Notes)

Equipment

- frying pan
- paper towels
- oven
- blender
- baking pan
- spatula

Directions

- Preheat oven to 37
- In a large frying pan, melt butter over high heat. Stir in flour, remove from heat, and mix to form a smooth paste.
- Scrape flour paste into a blender.
- Add tomatillos, onion, chiles, chopped cilantro, chicken broth, and 1/2 cup sour cream. Whirl until smoothly pured.
- Pour green sauce back into frying pan; add salt and lime juice to taste.
- Rinse fish, pat dry with paper towels, cut into 6 equal pieces, and season with salt. Set pieces slightly apart in an 8- by 12-in. baking dish.
- Bring green sauce to a boil over high heat, stirring.
- Pour evenly over fish.
- Bake fish until it flakes but still looks moist in the center of the thickest part (cut to test), 15 to 20 minutes.
- With a wide spatula, transfer fish to plates. Spoon sauce over portions, top with small spoonfuls of remaining sour cream, and sprinkle with cilantro leaves.
- How Hot Is Your Chile? To assess a chile's heat, slice off its top through the ribs and seeds, where the heat-producing compound capsaicin is concentrated. Touch the slice to your tongue. If you want your food to be milder, split the chile and scrape out all or some of the ribs and seeds. If your skin is sensitive, wear kitchen gloves or hold the chiles with a fork and

don't touch your eyes.

Nutrition Facts

PROTEIN 20.62% **FAT 58.5%** **CARBS 20.88%**

Properties

Glycemic Index:32.33, Glycemic Load:1.77, Inflammation Score:-5, Nutrition Score:9.4539130770642%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 145.46kcal (7.27%), Fat: 9.66g (14.87%), Saturated Fat: 4.47g (27.95%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 6.45g (2.35%), Sugar: 3.23g (3.59%), Cholesterol: 37.56mg (12.52%), Sodium: 238.37mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.33%), Vitamin C: 36mg (43.63%), Vitamin B6: 0.36mg (18.14%), Selenium: 12.43µg (17.76%), Vitamin B12: 0.99µg (16.42%), Vitamin B3: 3.19mg (15.97%), Vitamin B2: 0.2mg (11.59%), Phosphorus: 106.58mg (10.66%), Potassium: 334.46mg (9.56%), Vitamin A: 460.84IU (9.22%), Vitamin B1: 0.13mg (8.44%), Vitamin K: 7.34µg (6.99%), Copper: 0.14mg (6.82%), Vitamin B5: 0.67mg (6.69%), Manganese: 0.12mg (5.97%), Folate: 21.77µg (5.44%), Fiber: 1.31g (5.24%), Magnesium: 20.86mg (5.22%), Calcium: 43.26mg (4.33%), Iron: 0.69mg (3.81%), Zinc: 0.43mg (2.88%), Vitamin E: 0.4mg (2.66%)