



Halibut Baked with Sauerkraut

 Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings salt and ground pepper black to taste
- ☐ 16 ounce halibut fillet
- ☐ 1 teaspoon malt vinegar
- ☐ 4 cups sauerkraut drained claussen® such as
- ☐ 1 cup tomatoes diced

Equipment

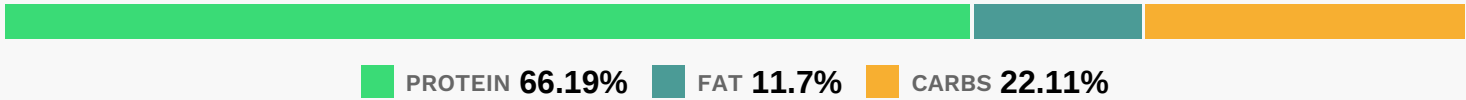
- ☐ paper towels
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spray a 9x12-inch glass baking dish with cooking spray.
- ☐ Pat dry halibut fillets with paper towels. Season each side with salt and black pepper.
- ☐ Place fillets in prepared baking dish; top each fillet with sauerkraut.
- ☐ Spread tomatoes over fillets.
- ☐ Cover the dish loosely with foil.
- ☐ Bake in the preheated oven until the fish flakes easily with a fork, 12 to 15 minutes.
- ☐ Sprinkle with malt vinegar before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:1.02, Inflammation Score:-6, Nutrition Score:19.190869642341%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 137.35kcal (6.87%), Fat: 1.78g (2.75%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 3g (1.09%), Sugar: 3.51g (3.9%), Cholesterol: 55.57mg (18.52%), Sodium: 1017.64mg (44.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.72g (45.44%), Selenium: 52.57µg (75.1%), Vitamin B6: 0.84mg (41.81%), Vitamin B3: 7.81mg (39.04%), Vitamin D: 5.33µg (35.53%), Vitamin C: 25.98mg (31.49%), Phosphorus: 305.17mg (30.52%), Potassium: 824.32mg (23.55%), Vitamin B12: 1.25µg (20.79%), Vitamin K: 21.57µg (20.54%), Fiber: 4.59g (18.36%), Manganese: 0.28mg (14.14%), Folate: 53.29µg (13.32%), Iron: 2.38mg (13.22%), Magnesium: 48.82mg (12.21%), Copper: 0.19mg (9.29%), Vitamin A: 412.38IU (8.25%), Vitamin E: 1.09mg (7.28%),

Vitamin B1: 0.1mg (6.69%), Vitamin B5: 0.56mg (5.56%), Calcium: 54.78mg (5.48%), Zinc: 0.74mg (4.95%), Vitamin B2: 0.07mg (4.27%)