



WHATSheATE



HEALTH SCORE

100%

Halibut Brochettes Provençale



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 snack peppers assorted mini cut into 1-inch squares (from one 5-ounce package)
- ☐ 8 large cherry tomatoes mini
- ☐ 0.3 cup wine dry white
- ☐ 1 eggplant trimmed unpeeled halved lengthwise cut into eight 1- to 1 1/4-inch pieces
- ☐ 0.5 teaspoon fennel seeds chopped
- ☐ 1.5 tablespoons basil fresh minced
- ☐ 2 teaspoons marjoram fresh minced
- ☐ 1 teaspoon rosemary leaves fresh minced

- ☐ 1 teaspoon sage fresh minced
- ☐ 2 teaspoons thyme sprigs fresh minced
- ☐ 2 garlic clove pressed
- ☐ 1.5 pounds pacific halibut filets cut into 1 1/2-inch cubes
- ☐ 0.3 teaspoon culinary lavender buds dried finely chopped
- ☐ 5 tablespoons juice of lemon fresh divided
- ☐ 5 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 small onion red halved cut into 4 wedges, each wedge crosswise, layers kept intact
- ☐ 1.5 inch zucchini cut into eight 1/2-inch-thick rounds

Equipment

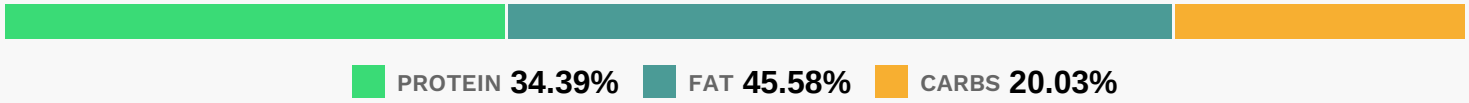
- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Mix first 7 ingredients in small bowl.
- ☐ Place zucchini, eggplant, tomatoes, peppers, and onion in large bowl.
- ☐ Add 1 tablespoon herbmixture and 1 tablespoon oil to vegetables.
- ☐ Sprinkle with salt and pepper; toss to coat. Thread 1 mini pepper, 1 zucchini round, 1eggplant piece, 1 tomato, 1 onion piece, and 1 more mini pepper onto each of 8 skewers. DO AHEAD: Herb mixture and vegetables can be made 4 hours ahead. Cover separately and refrigerate.
- ☐ Place fish in medium bowl; sprinkle 2 tablespoons herb mixture over.
- ☐ Add 3 tablespoons oil, 3 tablespoons lemon juice, and garlic; sprinkle with salt and pepper and toss to coat. Cover and chill at least 1 hour and up to 2 hours, tossing occasionally.
- ☐ Simmer wine, remaining 1 tablespoon oil, and remaining 2 tablespoons lemon juice in small saucepan until reduced to 1/3 cup, about 3 minutes. Stir in remaining herb mixture. Season sauce to taste with salt and pepper. Set aside.

- ☐ Spray grill rack with nonstick spray; prepare barbecue (medium-high heat). Divide fish cubes among remaining 4 skewers. Grill vegetable skewers until vegetables are slightly charred and tender, turning occasionally, 10 to 12 minutes. Grill fish skewers until fish is cooked through, turning occasionally, 8 to 10 minutes.
- ☐ Place 1 fish skewer and 2 vegetable skewers on each plate.
- ☐ Drizzle sauce over.
- ☐ * Also called culinary lavender buds;available at some supermarkets andfarmers' markets, at many natural foodstores, and from deandeluca.com.

Nutrition Facts



Properties

Glycemic Index:86.5, Glycemic Load:3.24, Inflammation Score:-10, Nutrition Score:39.726956512617%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 410.25kcal (20.51%), Fat: 20.51g (31.56%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 20.28g (6.76%), Net Carbohydrates: 13.4g (4.87%), Sugar: 11.46g (12.74%), Cholesterol: 83.35mg (27.78%), Sodium: 129.54mg (5.63%), Alcohol: 2.06g (100%), Alcohol %: 0.5% (100%), Protein: 34.83g (69.65%), Vitamin C: 165.46mg (200.56%), Selenium: 78.58µg (112.26%), Copper: 1.72mg (86.14%), Vitamin A: 3910.29IU (78.21%), Vitamin B6: 1.46mg (72.94%), Vitamin B3: 13.22mg (66.1%), Vitamin D: 7.99µg (53.3%), Phosphorus: 486.21mg (48.62%), Potassium: 1410.02mg (40.29%), Vitamin E: 5.9mg (39.36%), Manganese: 0.63mg (31.28%), Vitamin B12: 1.87µg (31.18%), Folate: 112.05µg (28.01%), Fiber: 6.88g (27.53%), Vitamin K: 25.17µg (23.97%), Magnesium: 82.01mg (20.5%), Vitamin B1: 0.23mg (15.15%), Vitamin B5: 1.39mg (13.88%), Vitamin B2: 0.22mg (12.87%), Iron: 1.81mg (10.08%), Zinc: 1.27mg (8.45%), Calcium: 58.57mg (5.86%)