



Halibut Cooked in Corn Husks

 Gluten Free  Dairy Free

READY IN



175 min.

SERVINGS



4

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 soaked corn husks dry
- ☐ 24 ounce center-cut and halibut fillets boneless skinless
- ☐ 0.3 cup maggi sauce
- ☐ 0.5 cup hot sauce store-bought
- ☐ 1 lime for serving
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 onion white sliced

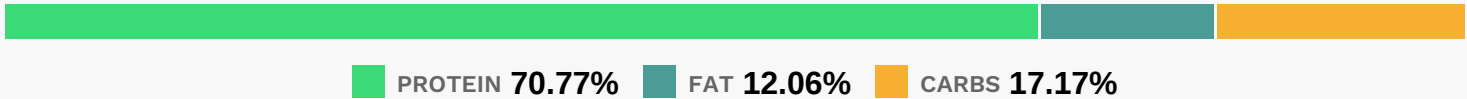
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ In a mixing bowl, combine the hot sauce and Maggi sauce.
- ☐ Mix well to incorporate evenly.
- ☐ Sprinkle the halibut on both sides with some salt and pepper and place inside the bowl, coating with the marinade. Cover with plastic wrap and let marinate for 2 hours.
- ☐ Place 3 corn husks vertically overlapping each other on a cutting board.
- ☐ Place 1 fillet on the corn husks, reserving the marinade. Top with a tablespoon of sliced onions, a tablespoon of the reserved marinade and some more salt and pepper. Fold from the bottom up, and then from top to bottom. Then fold in the sides to the center. Repeat with the remaining ingredients.
- ☐ Wrap aluminum foil around each corn husk-covered halibut and place in a large cast-iron skillet or on a griddle. Cook on medium heat for 20 minutes on each side.
- ☐ Remove from the heat and remove the foil and corn husk carefully, making sure not to burn yourself with the steam.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:19.885652065277%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg

0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol:
0.09mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 186.9kcal (9.35%), Fat: 2.44g (3.75%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 7.82g (2.61%), Net
Carbohydrates: 7g (2.54%), Sugar: 4.66g (5.18%), Cholesterol: 83.35mg (27.78%), Sodium: 1086.91mg (47.26%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.2g (64.41%), Selenium: 77.7µg (111.01%), Vitamin B3: 11.2mg
(56%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1mg (50.16%), Phosphorus: 411.89mg (41.19%), Vitamin C: 28.33mg
(34.34%), Vitamin B12: 1.87µg (31.18%), Potassium: 821.61mg (23.47%), Magnesium: 43.17mg (10.79%), Vitamin E:
1.11mg (7.43%), Vitamin B1: 0.11mg (7.15%), Vitamin B5: 0.67mg (6.71%), Folate: 26.18µg (6.55%), Vitamin B2: 0.08mg
(4.87%), Zinc: 0.69mg (4.59%), Vitamin A: 171.76IU (3.44%), Fiber: 0.82g (3.27%), Copper: 0.07mg (3.26%),
Manganese: 0.07mg (3.26%), Iron: 0.56mg (3.08%), Calcium: 23.44mg (2.34%)