



WHATSheATE



HEALTH SCORE

55%

Halibut Crab Cake Roulade with a Lemon Cream Sauce, Green Beans and Truffle Roasted Potatoes

READY IN



85 min.

SERVINGS



4

CALORIES



1731 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 tablespoons butter



4 servings butter



15 ounces butter melted



1 tablespoon dijon mustard



3 egg yolks



1 teaspoon rosemary fresh minced



2 cups cut green beans

- ☐ 0.5 bell pepper green minced
- ☐ 16 ounce cuts halibut steak
- ☐ 1.5 cups heavy cream
- ☐ 1 optional: lemon
- ☐ 3 ounces juice of lemon
- ☐ 1 pound lump crab
- ☐ 4 servings olive oil
- ☐ 1 cup panko breadcrumbs
- ☐ 1 tablespoon paprika
- ☐ 1 pound potatoes diced
- ☐ 0.5 bell pepper red minced
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 small shallots minced
- ☐ 1 tomatoes seeds removed, minced
- ☐ 1 teaspoon truffle oil
- ☐ 0.5 bell pepper yellow minced

Equipment

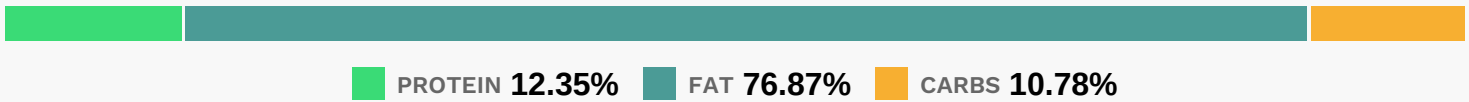
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ For the halibut crab cake roulade: In a skillet, heat the butter over medium heat.
- ☐ Saute the shallots until soft.

- ☐ Add the bell peppers and let soften a little. Toss with the tomatoes and cook for a few minutes.
- ☐ Mix in the panko, crab, Dijon and paprika.
- ☐ Sprinkle the halibut with salt and pepper. Top with the crab cake mix.
- ☐ Roll and secure with toothpicks.
- ☐ Place on a parchment-lined baking sheet.
- ☐ Bake for 7 minutes.
- ☐ For the sauce: Simmer the heavy cream until reduced by half, mixing frequently so it doesn't scald. In a blender, blend the yolks on low. Slowly add the hot melted butter in a steady stream.
- ☐ Add lemon juice to taste.
- ☐ Mix in the reduced cream to stabilize the sauce.
- ☐ For the potatoes: Toss the potatoes with olive oil and season with salt and pepper. Roast for 15 minutes, and then toss with the rosemary and truffle oil.
- ☐ For the green beans: Blanch the beans in hot water. Toss in the butter, salt and pepper to taste. Season with lemon juice.
- ☐ Serve the halibut crab cake roulades with the lemon cream sauce, green beans and roasted potatoes.

Nutrition Facts



Properties

Glycemic Index:136.06, Glycemic Load:16.94, Inflammation Score:-10, Nutrition Score:53.643913103187%

Flavonoids

Eriodictyol: 6.8mg, Eriodictyol: 6.8mg, Eriodictyol: 6.8mg, Eriodictyol: 6.8mg Hesperetin: 10.61mg, Hesperetin: 10.61mg, Hesperetin: 10.61mg, Hesperetin: 10.61mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 1730.78kcal (86.54%), Fat: 150.61g (231.71%), Saturated Fat: 85.47g (534.18%), Carbohydrates: 47.5g (15.83%), Net Carbohydrates: 39.96g (14.53%), Sugar: 10.09g (11.21%), Cholesterol: 604.21mg (201.4%), Sodium: 1983.48mg (86.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.46g (108.92%), Vitamin B12: 12.11µg (201.88%), Selenium: 110.51µg (157.87%), Vitamin C: 123.11mg (149.22%), Vitamin A: 6628.21IU (132.56%), Phosphorus: 796.34mg (79.63%), Vitamin B6: 1.52mg (76.17%), Copper: 1.37mg (68.62%), Vitamin B3: 12.12mg (60.62%), Zinc: 8.75mg (58.35%), Vitamin E: 8.07mg (53.79%), Vitamin K: 52.99µg (50.47%), Potassium: 1764.4mg (50.41%), Vitamin D: 7.49µg (49.91%), Folate: 170µg (42.5%), Magnesium: 155.51mg (38.88%), Vitamin B2: 0.58mg (33.91%), Vitamin B1: 0.5mg (33.24%), Manganese: 0.66mg (33.16%), Fiber: 7.54g (30.17%), Iron: 4.55mg (25.29%), Calcium: 251.11mg (25.11%), Vitamin B5: 2.36mg (23.58%)