



Halibut en Papillote with Potatoes, Green Beans, and Sweet Onions



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons olive oil extravirgin divided
- ☐ 1 garlic clove minced
- ☐ 6 ounces green beans trimmed
- ☐ 24 ounce pacific halibut filets
- ☐ 8 optional: lemon thin ()

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 12 ounces new potatoes quartered
- ☐ 0.8 teaspoon salt divided
- ☐ 1 cup vidalia sweet thinly sliced
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

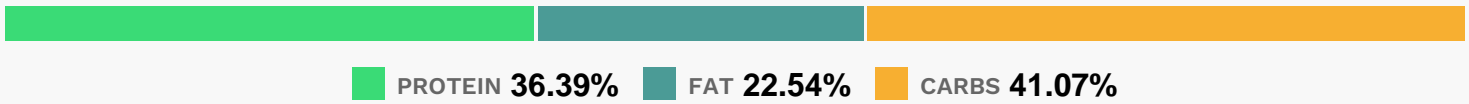
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 45
- ☐ Cut 4 (15 x 24inch) pieces of parchment paper and fold in half, like a book. Draw a large heart half on each piece with the fold being the center of the heart.
- ☐ Cut out heart, and lay it open.
- ☐ Lay 2 slices of lemon in the center of 1 side of each piece of parchment; top with 1 bay leaf, if desired, and 1 halibut fillet.
- ☐ Sprinkle fillets evenly with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Drizzle each fillet with 3/4 teaspoon olive oil. Fold other side of heart on top. Starting at the top of the heart, fold up both edges of parchment, overlapping the folds as you move along. Twist the end tip to secure tightly.
- ☐ Place parchment packets on an ungreased baking sheet.
- ☐ Bake at 450 for 12 minutes.
- ☐ Remove from oven; let rest for five minutes.
- ☐ Cook potatoes in boiling water 8 minutes or until potatoes are almost tender.
- ☐ Add green beans to pan; cook 4 minutes or until crisp-tender.

- ☐ Drain well; keep potatoes and green beans warm.
- ☐ Working with one packet at a time, carefully open fish packets and pour liquid from packets into a large bowl.
- ☐ Add remaining 1 tablespoon olive oil, vinegar, juice, mustard, garlic, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper; stir well with a whisk.
- ☐ Add potatoes, beans, and onion to oil mixture; toss well to coat. Divide vegetable mixture evenly on each of 4 plates. Top each serving with 1 fillet.

Nutrition Facts



Properties

Glycemic Index:74.81, Glycemic Load:15.41, Inflammation Score:-9, Nutrition Score:33.061738905699%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 46.32mg, Eriodictyol: 46.32mg, Eriodictyol: 46.32mg, Eriodictyol: 46.32mg Hesperetin: 60.81mg, Hesperetin: 60.81mg, Hesperetin: 60.81mg, Hesperetin: 60.81mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.17mg, Luteolin: 4.17mg, Luteolin: 4.17mg, Luteolin: 4.17mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg Quercetin: 10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg

Nutrients (% of daily need)

Calories: 375.54kcal (18.78%), Fat: 10.18g (15.65%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 41.73g (13.91%), Net Carbohydrates: 32.16g (11.69%), Sugar: 9.58g (10.64%), Cholesterol: 83.35mg (27.78%), Sodium: 581.57mg (25.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.97g (73.95%), Vitamin C: 140.07mg (169.78%), Selenium: 79.69µg (113.84%), Vitamin B6: 1.48mg (74.02%), Vitamin B3: 12.57mg (62.85%), Vitamin D: 7.99µg (53.3%), Phosphorus: 515.22mg (51.52%), Potassium: 1548.54mg (44.24%), Fiber: 9.57g (38.28%), Vitamin B12: 1.87µg (31.18%), Vitamin K: 24.68µg (23.5%), Magnesium: 91.95mg (22.99%), Folate: 81.91µg (20.48%), Vitamin B1: 0.3mg (19.72%), Manganese: 0.39mg (19.53%), Vitamin E: 2.57mg (17.16%), Iron: 2.91mg (16.17%), Vitamin B5: 1.4mg (13.97%), Copper: 0.27mg (13.54%), Calcium: 106.27mg (10.63%), Vitamin B2: 0.18mg (10.37%), Vitamin A: 459.55IU (9.19%), Zinc: 1.17mg (7.78%)