



Halibut Fillets With Teriyaki Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon cornstarch
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.1 teaspoon ground pepper red
- ☐ 24 ounce pacific halibut filets ()
- ☐ 1 tablespoon honey
- ☐ 0.5 cup pineapple juice
- ☐ 2 tablespoons seasoned bread crumbs
- ☐ 3 tablespoons teriyaki sauce low-sodium

☐ 1 tablespoon vegetable oil

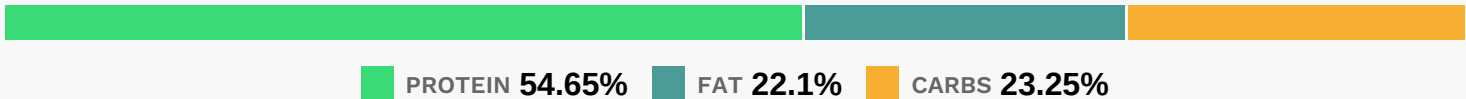
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a small bowl; stir well with a whisk.
- ☐ Combine breadcrumbs and halibut in a large zip-top plastic bag. Seal and shake to coat.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add fish; cook 4 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove fish from pan; keep warm.
- ☐ Add teriyaki mixture to pan. Bring to a boil; cook, stirring constantly, 1 minute.
- ☐ Pour over fish.

Nutrition Facts



Properties

Glycemic Index:46.32, Glycemic Load:3.99, Inflammation Score:-5, Nutrition Score:19.885652044545%

Nutrients (% of daily need)

Calories: 249.85kcal (12.49%), Fat: 5.99g (9.21%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 13.8g (5.02%), Sugar: 9.46g (10.51%), Cholesterol: 83.4mg (27.8%), Sodium: 700.48mg (30.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.31g (66.61%), Selenium: 79.08µg (112.97%), Vitamin B3: 11.62mg (58.12%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.99mg (49.48%), Phosphorus: 434.65mg (43.46%), Vitamin B12: 1.89µg (31.48%), Potassium: 826.43mg (23.61%), Magnesium: 53.55mg (13.39%), Manganese: 0.22mg (11.2%), Vitamin B1: 0.16mg (10.35%), Vitamin E: 1.35mg (9.03%), Vitamin K: 8.69µg (8.28%), Folate: 33.01µg (8.25%), Vitamin B5: 0.66mg (6.63%), Vitamin B2: 0.09mg (5.31%), Zinc: 0.75mg (4.99%), Iron: 0.88mg (4.88%), Copper: 0.09mg (4.42%), Vitamin C: 3.16mg (3.83%), Vitamin A: 151.1IU (3.02%), Calcium: 28.78mg (2.88%), Fiber: 0.37g

(1.46%)