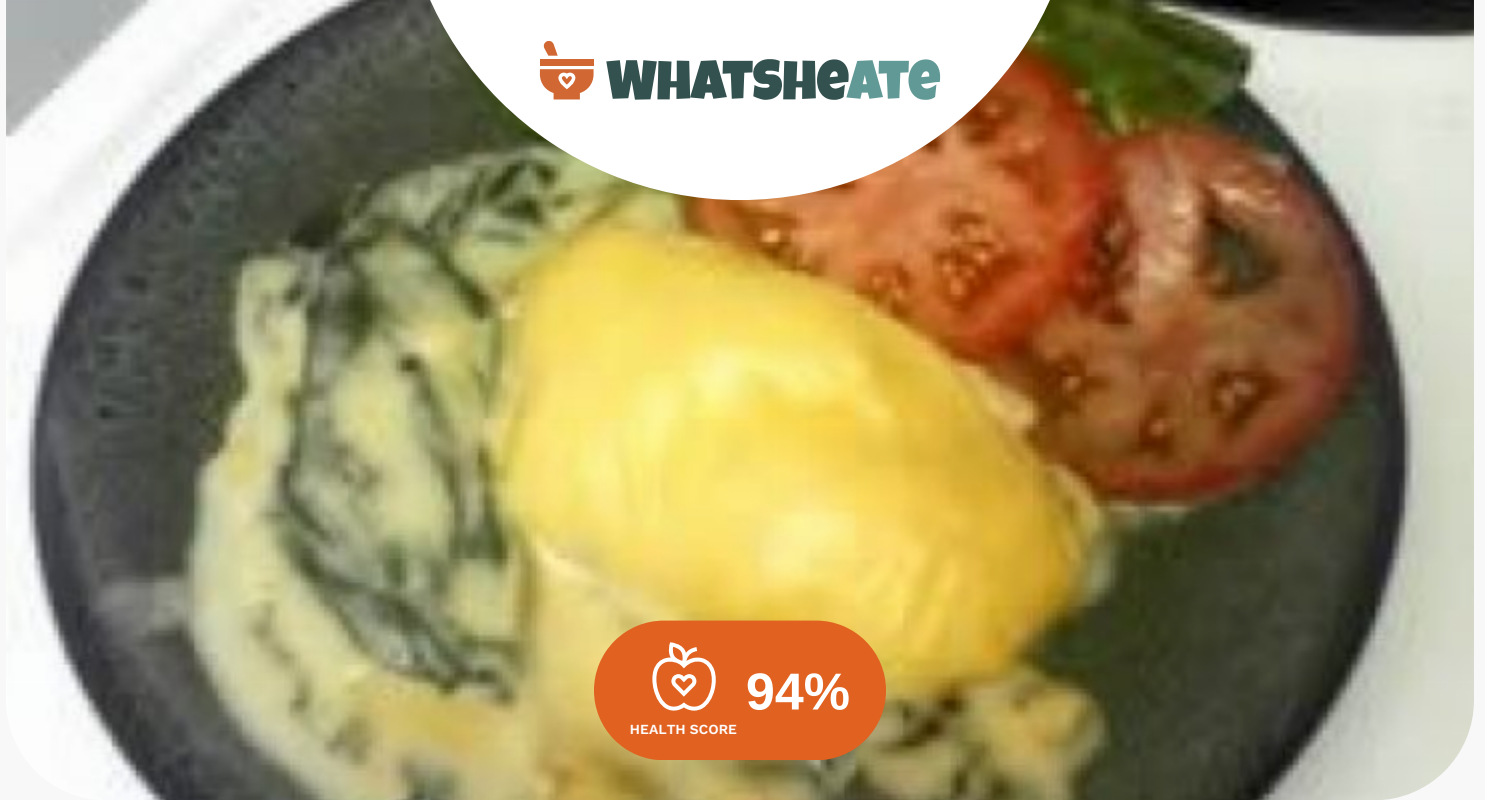




HEALTH SCORE

94%

Halibut Florentine



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



581 kcal

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 20 ounce pkt spinach frozen chopped
- ☐ 24 ounce halibut steaks
- ☐ 2 cups milk
- ☐ 0.5 cup parmesan cheese grated
- ☐ 4 servings salt and pepper to taste
- ☐ 2 cups cheddar cheese shredded
- ☐ 0.3 cup water

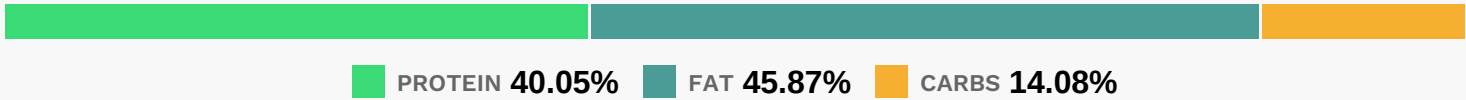
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a saucepan over medium heat, cook and stir the Cheddar cheese, Parmesan cheese, and milk until melted and well blended.
- ☐ Mix in the flour and water, stirring constantly, until thick and smooth.
- ☐ Layer the spinach in the bottom of a baking dish. Arrange the halibut steaks over the spinach, and season with salt and pepper.
- ☐ Pour the cheese sauce mixture over the halibut.
- ☐ Bake 45 minutes in the preheated oven, until the fish flakes easily with a fork.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:6.85, Inflammation Score:-10, Nutrition Score:50.064782432888%

Nutrients (% of daily need)

Calories: 580.68kcal (29.03%), Fat: 29.76g (45.79%), Saturated Fat: 15.62g (97.64%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 16.23g (5.9%), Sugar: 7.01g (7.78%), Cholesterol: 165.36mg (55.12%), Sodium: 1049.86mg (45.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.46g (116.91%), Vitamin K: 529.26µg (504.06%), Vitamin A: 17607.19IU (352.14%), Selenium: 111.4µg (159.14%), Phosphorus: 940.56mg (94.06%), Calcium: 856.51mg (85.65%), Vitamin B6: 1.3mg (65.15%), Vitamin D: 9.74µg (64.92%), Folate: 252.86µg (63.21%), Vitamin B3: 12.42mg (62.1%), Vitamin B12: 3.3µg (54.96%), Manganese: 1.09mg (54.58%), Vitamin B2: 0.87mg (51.05%), Magnesium: 181.57mg (45.39%), Potassium: 1488.27mg (42.52%), Vitamin E: 5.7mg (38.01%), Zinc: 4.58mg (30.52%), Vitamin B1: 0.37mg (24.51%), Iron: 3.46mg (19.23%), Fiber: 4.32g (17.29%), Vitamin B5: 1.48mg (14.8%), Copper: 0.28mg (14.09%), Vitamin C: 7.8mg (9.45%)