

food
network



HEALTH SCORE

93%

Halibut in Escabeche



Dairy Free



Very Healthy

READY IN

**30 min.**

SERVINGS

**6**

CALORIES

**366 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 1 cup flour all-purpose
- ☐ 2 bay leaves fresh
- ☐ 4 sprigs thyme leaves fresh
- ☐ 2 cloves garlic sliced
- ☐ 1 bell pepper green cut into strips
- ☐ 1 habanero pepper halved
- ☐ 2 pounds halibut filet skinless white firm

- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 cup malt vinegar
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 medium onion sliced
- ☐ 1 bell pepper red cut into strips
- ☐ 1 cup water
- ☐ 0.5 teaspoon allspice whole

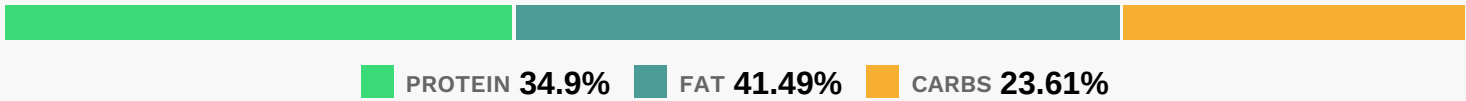
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cut the fish into 2-inch wide strips and pat them dry. Season the flour with salt and pepper, dredge the fish in it, and pat off any excess flour.
- ☐ Heat 3 tablespoons olive oil in a skillet over medium heat.
- ☐ Saute the fish until it is lightly browned on both sides, about 3 to 4 minutes per side.
- ☐ Drain on paper towels and then put the fish in one layer into a shallow glass dish.
- ☐ Drain the oil from the skillet, return it to medium heat, and add 3 tablespoons fresh olive oil.
- ☐ Add the onions, bell peppers, and scotch bonnet, if using, and cook until the vegetables begin to soften, about 5 minutes.
- ☐ Add the garlic, thyme, bay leaves, peppercorns, and allspice and cook for another 2 minutes.
- ☐ Pour in the vinegar and water and bring it to a boil. Spoon the vegetables and herbs over the fish and then add the vinegar sauce.
- ☐ Serve hot or let it cool to room temperature and refrigerate for at least 4 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:73.83, Glycemic Load:12.46, Inflammation Score:-9, Nutrition Score:24.744347675987%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 366.48kcal (18.32%), Fat: 16.4g (25.24%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 21g (7%), Net Carbohydrates: 19.02g (6.92%), Sugar: 2.26g (2.51%), Cholesterol: 74.09mg (24.7%), Sodium: 109.25mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.05g (62.1%), Selenium: 76.52µg (109.31%), Vitamin B3: 11.44mg (57.21%), Vitamin C: 46.64mg (56.53%), Vitamin B6: 0.99mg (49.39%), Vitamin D: 7.11µg (47.38%), Phosphorus: 399.66mg (39.97%), Vitamin B12: 1.66µg (27.72%), Potassium: 808.42mg (23.1%), Vitamin E: 3.36mg (22.39%), Vitamin B1: 0.27mg (18.27%), Folate: 71.86µg (17.96%), Manganese: 0.36mg (17.89%), Vitamin A: 850.5IU (17.01%), Magnesium: 49.47mg (12.37%), Vitamin K: 12.02µg (11.45%), Vitamin B2: 0.18mg (10.74%), Iron: 1.73mg (9.61%), Fiber: 1.98g (7.93%), Vitamin B5: 0.73mg (7.33%), Copper: 0.11mg (5.74%), Zinc: 0.84mg (5.63%), Calcium: 34.97mg (3.5%)