



 **78%**
HEALTH SCORE

Halibut in Tomato-Shiitake Broth

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon bottled garlic minced
- 0.7 cup tomatoes diced canned undrained
- 1.5 cups bottled clam juice
- 0.3 teaspoon pepper red crushed
- 0.3 cup basil fresh chopped
- 24 ounce pacific halibut filets
- 1 teaspoon olive oil
- 2 teaspoons curry paste red

- 0.1 teaspoon salt
- 4 cups mushroom caps thinly sliced ()
- 8 ounces udon noodles fresh thick uncooked (, round Japanese wheat noodles)

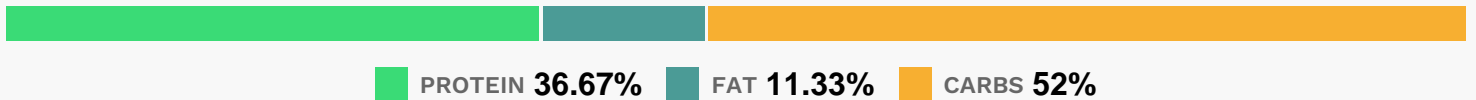
Equipment

- frying pan
- whisk

Directions

- Cook noodles according to package directions, omitting salt and fat.
- While noodles cook, heat oil in a large nonstick skillet over medium heat.
- Add garlic; cook 1 1/2 minutes or until tender, stirring constantly.
- Add clam juice and curry paste, stirring with a whisk until smooth.
- Add mushrooms, tomatoes, and pepper to pan; bring to a simmer.
- Add fish; sprinkle with basil and salt. Cover and cook 5 minutes or until fish flakes easily when tested with a fork.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:59.83, Glycemic Load:23.32, Inflammation Score:-8, Nutrition Score:34.228695724321%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 490.9kcal (24.55%), Fat: 6.35g (9.76%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 65.56g (21.85%), Net Carbohydrates: 55.85g (20.31%), Sugar: 14.63g (16.26%), Cholesterol: 83.35mg (27.78%), Sodium: 1269.82mg (55.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.23g (92.46%), Selenium: 91.05µg (130.07%),

Vitamin B3: 20.36mg (101.81%), Vitamin B6: 1.71mg (85.66%), Phosphorus: 675.04mg (67.5%), Vitamin D: 8.9µg (59.32%), Potassium: 1593.02mg (45.51%), Vitamin B5: 4.11mg (41.06%), Fiber: 9.71g (38.84%), Vitamin B2: 0.58mg (33.99%), Manganese: 0.64mg (31.91%), Vitamin B12: 1.9µg (31.63%), Magnesium: 94.62mg (23.65%), Copper: 0.42mg (21.21%), Zinc: 3.1mg (20.66%), Vitamin A: 803.01IU (16.06%), Folate: 61.18µg (15.3%), Vitamin C: 9.03mg (10.94%), Vitamin E: 1.61mg (10.75%), Vitamin B1: 0.16mg (10.59%), Iron: 1.88mg (10.45%), Vitamin K: 8.14µg (7.75%), Calcium: 44.81mg (4.48%)