



Halibut in Zesty Tomato Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.3 teaspoon pepper black
- 4 peppercorns black
- 14.5 ounce canned tomatoes undrained chopped canned
- 0.3 cup carrots chopped
- 1 cup celery coarsely chopped
- 3 cups rice hot cooked
- 2 tablespoons flour all-purpose

- 1 cup bell pepper green chopped
- 36 ounce pacific halibut filets thick ()
- 6 lemon wedges
- 2 cups onion sliced
- 4.5 cups onion sliced
- 1 teaspoon oregano dried
- 0.5 teaspoon salt
- 2 tablespoons vegetable oil
- 2.5 quarts water
- 1 tablespoon vinegar white

Equipment

- sauce pan
- slotted spoon
- dutch oven

Directions

- Combine first 7 ingredients in a Dutch oven; bring to a boil. Reduce heat; simmer 20 minutes.
- Add halibut; simmer 10 minutes.
- Remove from heat; let stand 20 minutes.
- Heat oil in a large saucepan over medium heat.
- Add 4 1/2 cups onion and bell pepper, and saut 5 minutes or until tender. Stir in flour.
- Add tomatoes and oregano; cover, reduce heat, and simmer 15 minutes.
- Remove fish from cooking liquid with a slotted spoon; drain well. Discard cooking liquid and solids.
- Sprinkle fish with salt and black pepper. Arrange over rice. Top with tomato sauce.
- Serve with lemon wedges.

Nutrition Facts



■ PROTEIN 36.09% ■ FAT 16.31% ■ CARBS 47.6%

Properties

Glycemic Index:93.22, Glycemic Load:30.97, Inflammation Score:-10, Nutrition Score:32.715217134227%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg Isorhamnetin: 8.68mg, Isorhamnetin: 8.68mg, Isorhamnetin: 8.68mg, Isorhamnetin: 8.68mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 36.02mg, Quercetin: 36.02mg, Quercetin: 36.02mg, Quercetin: 36.02mg

Nutrients (% of daily need)

Calories: 415.22kcal (20.76%), Fat: 7.57g (11.65%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 49.71g (16.57%), Net Carbohydrates: 43.49g (15.82%), Sugar: 12.03g (13.37%), Cholesterol: 83.35mg (27.78%), Sodium: 447.03mg (19.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.69g (75.39%), Selenium: 85.8µg (122.57%), Vitamin B6: 1.41mg (70.71%), Vitamin B3: 12.85mg (64.27%), Vitamin C: 49.6mg (60.12%), Vitamin D: 7.99µg (53.3%), Phosphorus: 525.54mg (52.55%), Manganese: 0.86mg (43.06%), Potassium: 1365.34mg (39.01%), Vitamin A: 1632.69IU (32.65%), Vitamin B12: 1.87µg (31.18%), Fiber: 6.21g (24.86%), Magnesium: 91.99mg (23%), Vitamin K: 22.7µg (21.61%), Folate: 81.95µg (20.49%), Copper: 0.39mg (19.5%), Vitamin B1: 0.28mg (18.8%), Vitamin E: 2.61mg (17.38%), Vitamin B5: 1.43mg (14.31%), Iron: 2.2mg (12.24%), Calcium: 117.96mg (11.8%), Zinc: 1.63mg (10.87%), Vitamin B2: 0.18mg (10.74%)