



## Halibut Piccata

READY IN



38 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 cups breadcrumbs fresh
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons capers drained
- ☐ 0.8 cup cooking wine dry white
- ☐ 0.3 cup egg substitute
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup milk fat-free
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove minced

- ☐ 3 garlic cloves minced
- ☐ 24 ounce pacific halibut filets ( 3/)
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon olive oil divided
- ☐ 0.3 teaspoon salt

## Equipment

- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Combine egg substitute and milk in a shallow dish; stir well.
- ☐ Combine breadcrumbs, 1 minced garlic clove, and salt in another shallow dish.
- ☐ Dip fillets in egg mixture, and dredge fillets in breadcrumb mixture, pressing firmly to coat. Spray coated fillets with cooking spray.
- ☐ Heat 1/2 teaspoon oil in a large nonstick skillet over medium heat.
- ☐ Add 2 fillets; cook 3 to 5 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove fillets from pan; keep warm. Repeat procedure with remaining 1/2 teaspoon oil and fillets.
- ☐ Wipe pan with paper towels; place over medium heat. Melt butter in pan.
- ☐ Add 3 garlic cloves; saut 30 seconds. Stir in wine, juice, and broth; bring to a boil. Boil 8 minutes or until liquid is reduced by three-fourths (to about 1/2 cup). Stir in capers and parsley.
- ☐ Serve over fillets.

## Nutrition Facts



## Properties

Glycemic Index:60.06, Glycemic Load:0.71, Inflammation Score:-7, Nutrition Score:27.467826034712%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 409.38kcal (20.47%), Fat: 8.45g (13%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 33.76g (11.25%), Net Carbohydrates: 31.66g (11.51%), Sugar: 4.54g (5.05%), Cholesterol: 91.33mg (30.44%), Sodium: 962.46mg (41.85%), Alcohol: 4.64g (100%), Alcohol %: 1.58% (100%), Protein: 39.81g (79.61%), Selenium: 96.09µg (137.27%), Vitamin B3: 14.24mg (71.2%), Vitamin D: 8.4µg (56.02%), Vitamin B6: 1.09mg (54.33%), Phosphorus: 517.41mg (51.74%), Vitamin B12: 2.27µg (37.87%), Vitamin B1: 0.52mg (34.73%), Potassium: 961.56mg (27.47%), Manganese: 0.51mg (25.41%), Vitamin K: 21.17µg (20.16%), Vitamin B2: 0.32mg (19.07%), Folate: 73.16µg (18.29%), Magnesium: 69.25mg (17.31%), Iron: 2.93mg (16.25%), Calcium: 133.77mg (13.38%), Vitamin B5: 1.25mg (12.46%), Vitamin E: 1.6mg (10.68%), Zinc: 1.55mg (10.34%), Vitamin C: 8.41mg (10.2%), Copper: 0.19mg (9.33%), Fiber: 2.09g (8.37%), Vitamin A: 357.36IU (7.15%)