



Halibut Poached in Orange Broth with Tropical Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups cooking wine dry white
- 2 tablespoons cilantro leaves fresh chopped
- 0.1 tablespoon ground pepper red
- 24 ounce pacific halibut filets
- 1 jalapeño minced seeded
- 1 cup mangos diced
- 1 tablespoon orange juice

- 1 tablespoon orange rind grated
- 1 teaspoon orange rind grated
- 1 cup papaya diced
- 2 tablespoons onion red minced
- 0.3 teaspoon salt
- 1.5 cups water

Equipment

- bowl
- frying pan

Directions

- Stir together first 9 ingredients in a large bowl; set aside.
- Combine wine, 1 1/2 cups water, and 1 tablespoon rind in an 8-inch, straight-sided skillet; bring to a boil. Reduce heat until wine mixture just simmers.
- Add halibut; cover and poach at a light simmer, adjusting heat as necessary, for 5 minutes or until fish flakes with a fork. Discard wine mixture.
- Serve halibut with salsa.

Nutrition Facts



Properties

Glycemic Index:87.63, Glycemic Load:5.47, Inflammation Score:-8, Nutrition Score:23.736086793568%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg

Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg
Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.25mg, Isorhamnetin:
0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol:
0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg
Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 275.8kcal (13.79%), Fat: 2.57g (3.95%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 14.04g (4.68%), Net
Carbohydrates: 12.33g (4.48%), Sugar: 9.98g (11.09%), Cholesterol: 83.35mg (27.78%), Sodium: 273.7mg (11.9%),
Alcohol: 9.27g (100%), Alcohol %: 2.67% (100%), Protein: 32.37g (64.75%), Selenium: 78.19µg (111.7%), Vitamin B3:
11.67mg (58.36%), Vitamin C: 45.87mg (55.6%), Vitamin B6: 1.07mg (53.48%), Vitamin D: 7.99µg (53.3%),
Phosphorus: 430.96mg (43.1%), Vitamin B12: 1.87µg (31.18%), Potassium: 969.76mg (27.71%), Vitamin A: 1026.03IU
(20.52%), Magnesium: 62.71mg (15.68%), Folate: 56.06µg (14.01%), Vitamin E: 1.7mg (11.32%), Manganese: 0.18mg
(8.94%), Vitamin B5: 0.81mg (8.08%), Vitamin B1: 0.12mg (7.98%), Fiber: 1.71g (6.83%), Copper: 0.13mg (6.34%),
Vitamin B2: 0.1mg (5.78%), Zinc: 0.82mg (5.47%), Vitamin K: 4.42µg (4.21%), Iron: 0.73mg (4.05%), Calcium:
39.92mg (3.99%)