



WHATSHEATE



HEALTH SCORE

71%

Halibut Pot Pie with Mashed Potato Crust



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons flour
- ☐ 6 ounce baby spinach
- ☐ 2 tablespoons butter ()
- ☐ 3 cups fennel bulb trimmed halved thinly sliced
- ☐ 1.5 pounds pacific halibut filets cut into 1-inch cubes
- ☐ 3.5 cups potatoes mashed
- ☐ 0.5 cup shallots sliced (2 medium)
- ☐ 1.5 cups vegetable stock

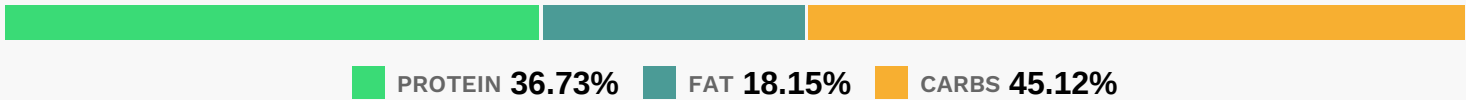
Equipment

- ☐ sauce pan
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler. Melt butter in heavy large saucepan over medium heat.
- ☐ Add fennel and shallots. Cover; cook until tender, stirring occasionally, about 8 minutes.
- ☐ Sprinkle with flour, salt, and pepper. sauté 2 minutes.
- ☐ Add broth; bring to boil, stirring often.
- ☐ Add fish and spinach. Cover; simmer over medium heat until fish is almost cooked through, about 4 minutes.
- ☐ Transfer fish mixture to 11x7x2-inch baking dish. Spoon mashed potatoes over, covering completely. Broil until filling bubbles at edges and potatoes are brown in spots, about 4 minutes.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:102.69, Glycemic Load:28.71, Inflammation Score:-10, Nutrition Score:43.577825919442%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 415.82kcal (20.79%), Fat: 8.47g (13.03%), Saturated Fat: 4.24g (26.49%), Carbohydrates: 47.37g (15.79%), Net Carbohydrates: 39.32g (14.3%), Sugar: 7.27g (8.07%), Cholesterol: 98.4mg (32.8%), Sodium: 595.35mg

(25.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.56g (77.12%), Vitamin K: 250.6µg (238.67%), Selenium: 80.69µg (115.28%), Vitamin A: 4556.4IU (91.13%), Vitamin B6: 1.69mg (84.58%), Vitamin C: 58.34mg (70.72%), Vitamin B3: 14.02mg (70.1%), Potassium: 2125.4mg (60.73%), Phosphorus: 583.1mg (58.31%), Vitamin D: 7.99µg (53.3%), Manganese: 0.92mg (45.89%), Folate: 167.05µg (41.76%), Magnesium: 133.25mg (33.31%), Fiber: 8.05g (32.19%), Vitamin B12: 1.88µg (31.38%), Iron: 3.86mg (21.47%), Vitamin B1: 0.32mg (21.28%), Copper: 0.37mg (18.37%), Vitamin E: 2.47mg (16.49%), Vitamin B5: 1.42mg (14.16%), Vitamin B2: 0.24mg (13.99%), Calcium: 121.21mg (12.12%), Zinc: 1.65mg (11.01%)