



Halibut Pot Roast

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 1 pound fingerling potatoes red washed
- ☐ 2 sprigs tarragon fresh
- ☐ 2 sprigs thyme leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 1 pint grape tomatoes halved
- ☐ 2 pounds pacific halibut filets ()
- ☐ 2 tablespoons olive oil

- ☐ 1 onion thinly sliced
- ☐ 6 servings pepper freshly ground to taste
- ☐ 6 servings sea salt to taste
- ☐ 3 tablespoons butter unsalted cut into cubes

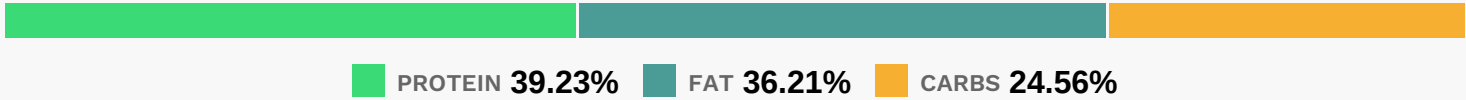
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Bring 4 cups water to a boil in a saucepan over medium-high heat.
- ☐ Add potatoes, and cook 15 minutes. (Potatoes will not be fully cooked.)
- ☐ Drain and set aside.
- ☐ Preheat oven to 32
- ☐ Heat oil in a large ovenproof skillet over medium heat.
- ☐ Add onion, and saut 3 to 4 minutes or until soft and slightly brown.
- ☐ Add garlic and tomato, and saut 2 minutes more.
- ☐ Place fish in pan, and add reserved parboiled potatoes, thyme, and next 4 ingredients.
- ☐ Bake, covered, at 325 for 22 to 25 minutes or until fish flakes easily.
- ☐ Remove from oven, add butter, re-cover, and let stand 3 minutes or until butter melts.
- ☐ Serve warm.
- ☐ *Substitute other thick white fish, such as haddock,if desired.

Nutrition Facts



Properties

Glycemic Index:65.13, Glycemic Load:11.25, Inflammation Score:-8, Nutrition Score:24.46782632496%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 329.22kcal (16.46%), Fat: 12.66g (19.48%), Saturated Fat: 4.75g (29.67%), Carbohydrates: 19.32g (6.44%), Net Carbohydrates: 16.26g (5.91%), Sugar: 3.65g (4.05%), Cholesterol: 89.14mg (29.71%), Sodium: 308.31mg (13.4%), Alcohol: 2.06g (100%), Alcohol %: 0.73% (100%), Protein: 30.86g (61.73%), Selenium: 69.53µg (99.33%), Vitamin B6: 1.18mg (58.84%), Vitamin B3: 11.23mg (56.14%), Vitamin D: 7.21µg (48.08%), Phosphorus: 433.57mg (43.36%), Potassium: 1233.12mg (35.23%), Vitamin C: 28.23mg (34.22%), Vitamin B12: 1.68µg (27.92%), Vitamin A: 979.51IU (19.59%), Manganese: 0.36mg (17.92%), Magnesium: 68.08mg (17.02%), Vitamin E: 2.2mg (14.64%), Fiber: 3.06g (12.25%), Folate: 47.99µg (12%), Vitamin B1: 0.18mg (11.93%), Vitamin K: 11.3µg (10.76%), Copper: 0.18mg (9.14%), Vitamin B5: 0.86mg (8.61%), Iron: 1.47mg (8.15%), Zinc: 1mg (6.7%), Vitamin B2: 0.11mg (6.27%), Calcium: 46.6mg (4.66%)