



## Halibut Provencale

 **Gluten Free**

READY IN



**72 min.**

SERVINGS



**6**

CALORIES



**225 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 16 ounce canned tomatoes crushed canned
- 1 tablespoon flat-leaf parsley fresh minced
- 0.5 teaspoon rosemary leaves fresh finely minced
- 1 teaspoon thyme leaves fresh minced
- 1 clove garlic with the side of a knife blade and minced crushed
- 1 cup grape tomatoes quartered
- 1 tablespoon grapeseed oil
- 24 ounce pacific halibut filets

- 0.5 cup heavy cream
- 6 servings salt and pepper black freshly ground
- 1 shallots minced

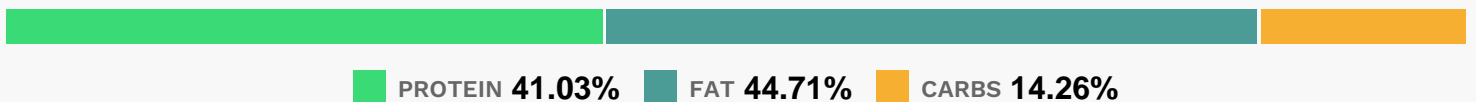
## Equipment

- bowl
- frying pan
- whisk
- pot

## Directions

- Heat grapeseed oil over medium heat in a saucepot.
- Saute the shallot and garlic until the shallots turn translucent, being careful not to burn the garlic. Stir in rosemary and thyme, add crushed tomatoes, season with salt and pepper, cover and let simmer for 15 minutes, then partially remove lid (leave it covered just enough to keep the spattering down) and reduce heat to medium-low, let thicken and reduce for another 15 minutes.
- While the sauce is thickening, season the fish with salt and pepper. Arrange fish on a steaming rack and steam over a pan of boiling water until it flakes easily, about 6 to 7 minutes.
- While the fish is steaming, remove the sauce from the heat and whisk in the cream. Strain the sauce into a bowl.
- Spoon sauce into the center of serving plate, top with a fish fillet and fresh grape tomatoes.
- Sprinkle with parsley leaves.

## Nutrition Facts



## Properties

Glycemic Index:58.17, Glycemic Load:2.05, Inflammation Score:-8, Nutrition Score:18.491739293803%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## **Nutrients (% of daily need)**

Calories: 224.5kcal (11.22%), Fat: 11.28g (17.36%), Saturated Fat: 5.16g (32.25%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 6.12g (2.23%), Sugar: 4.9g (5.44%), Cholesterol: 77.98mg (25.99%), Sodium: 184.51mg (8.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.3g (46.6%), Selenium: 52.88µg (75.55%), Vitamin B3: 8.49mg (42.47%), Vitamin B6: 0.78mg (39.21%), Vitamin D: 5.65µg (37.65%), Phosphorus: 313.44mg (31.34%), Potassium: 815.51mg (23.3%), Vitamin B12: 1.28µg (21.32%), Vitamin E: 2.63mg (17.56%), Vitamin K: 17.74µg (16.9%), Vitamin A: 809.92IU (16.2%), Vitamin C: 12.39mg (15.02%), Magnesium: 47.37mg (11.84%), Manganese: 0.22mg (10.97%), Copper: 0.19mg (9.53%), Vitamin B1: 0.13mg (8.73%), Iron: 1.42mg (7.89%), Fiber: 1.97g (7.89%), Folate: 30.58µg (7.64%), Vitamin B2: 0.12mg (7.01%), Vitamin B5: 0.69mg (6.92%), Calcium: 54.4mg (5.44%), Zinc: 0.74mg (4.93%)