



Halibut Sandwiches with Tartar Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons capers chopped
- ☐ 24 ounce pacific halibut filets
- ☐ 6 ounce hamburger buns toasted
- ☐ 0.3 cup mayonnaise light
- ☐ 2 romaine lettuce leaves halved
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon shallots finely chopped

- ☐ 1 tablespoon relish sweet
- ☐ 1 inch tomatoes

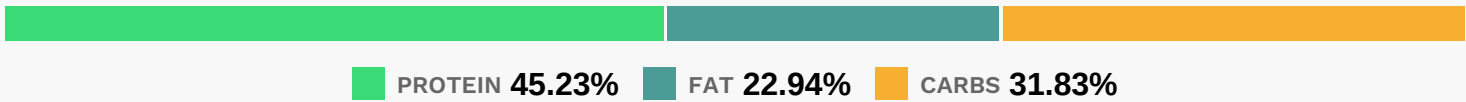
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Combine first 4 ingredients in a small bowl, stirring well.
- ☐ Sprinkle fish fillets evenly with salt and freshly ground black pepper.
- ☐ Heat a large nonstick grill pan over medium-high heat. Coat the pan with cooking spray.
- ☐ Add fish fillets to the pan; saut 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Spread 1 tablespoon mayonnaise mixture over the cut side of each bun half. Line bottom half of each bun with 1 romaine lettuce leaf half and 1 tomato slice. Top each serving with 1 fillet.
- ☐ Place top halves of buns on sandwiches.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:12.86, Inflammation Score:-8, Nutrition Score:24.555652094924%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 328.03kcal (16.4%), Fat: 8.16g (12.56%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 24.16g (8.79%), Sugar: 5.24g (5.83%), Cholesterol: 86.33mg (28.78%), Sodium: 885.75mg (38.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.2g (72.4%), Selenium: 89.75µg (128.21%), Vitamin B3:

12.94mg (64.68%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.98mg (49.02%), Phosphorus: 454.05mg (45.41%), Vitamin B12: 1.96µg (32.6%), Vitamin K: 30.57µg (29.11%), Vitamin A: 1402.75IU (28.05%), Potassium: 845.88mg (24.17%), Vitamin B1: 0.33mg (22%), Folate: 81.87µg (20.47%), Manganese: 0.3mg (15.22%), Magnesium: 53.23mg (13.31%), Vitamin B2: 0.19mg (11.35%), Iron: 2.02mg (11.23%), Vitamin E: 1.63mg (10.89%), Calcium: 81.92mg (8.19%), Zinc: 1mg (6.64%), Vitamin B5: 0.62mg (6.25%), Copper: 0.11mg (5.73%), Fiber: 1.32g (5.26%), Vitamin C: 1.57mg (1.9%)