



Halibut Souvlaki

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cucumber finely chopped
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 1.5 teaspoons optional: dill fresh chopped
- ☐ 0.3 teaspoon garlic fresh minced
- ☐ 24 ounce pacific halibut filets
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon oregano dried

- ☐ 4 pita wraps
- ☐ 8 slices plum tomatoes
- ☐ 0.5 cup onion red thinly sliced
- ☐ 2 cups romaine lettuce chopped
- ☐ 0.6 teaspoon salt divided
- ☐ 0.3 cup yogurt greek-style

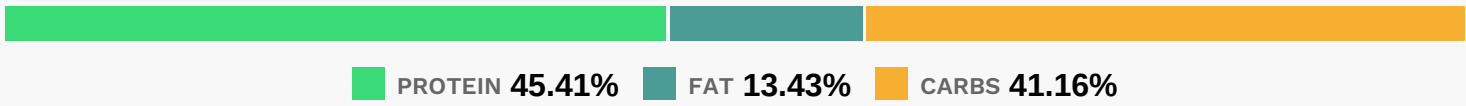
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 3 ingredients in a shallow dish; stir in 1/2 teaspoon salt and pepper.
- ☐ Add halibut, turning to coat; let stand 15 minutes. Arrange halibut on the rack of a broiler pan coated with cooking spray; place rack in pan. Broil 8 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Combine remaining 1/8 teaspoon salt, yogurt, cucumber, dill, and garlic in a bowl, stirring well.
- ☐ Spread 1 1/2 tablespoons yogurt mixture in the center of each pita wrap; top each with 1 fillet, 1/2 cup lettuce, 2 tablespoons onion, and 2 tomato slices.
- ☐ Roll up.

Nutrition Facts



Properties

Glycemic Index:77.25, Glycemic Load:29.55, Inflammation Score:-9, Nutrition Score:26.17521723457%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 352.75kcal (17.64%), Fat: 5.14g (7.91%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 35.45g (11.82%), Net Carbohydrates: 33.04g (12.01%), Sugar: 1.96g (2.18%), Cholesterol: 84.18mg (28.06%), Sodium: 788.41mg (34.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.11g (78.22%), Selenium: 79.48µg (113.54%), Vitamin B3: 12.45mg (62.25%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1.02mg (50.94%), Phosphorus: 495.04mg (49.5%), Vitamin A: 2196.85IU (43.94%), Vitamin B12: 1.99µg (33.13%), Vitamin K: 29.44µg (28.04%), Potassium: 946.86mg (27.05%), Manganese: 0.41mg (20.3%), Folate: 74.26µg (18.57%), Vitamin B1: 0.27mg (18%), Magnesium: 63.89mg (15.97%), Vitamin B2: 0.18mg (10.56%), Calcium: 101.71mg (10.17%), Vitamin E: 1.47mg (9.82%), Fiber: 2.41g (9.63%), Vitamin B5: 0.95mg (9.53%), Iron: 1.58mg (8.78%), Zinc: 1.3mg (8.65%), Copper: 0.17mg (8.43%), Vitamin C: 4.51mg (5.47%)