



 **74%**
HEALTH SCORE

Halibut Steaks with Cilantro and Mint

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serrano chile pepper seeded
- 1 cup cilantro leaves fresh packed
- 0.5 cup mint leaves fresh packed
- 4 halibut steaks 1-inch-thick ()
- 1 optional: lemon thinly sliced
- 3 tablespoons juice of lemon fresh
- 0.5 teaspoon salt
- 1 tablespoon water

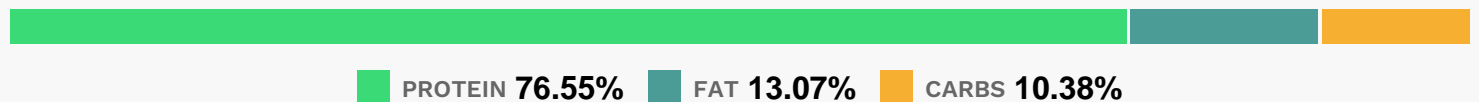
Equipment

- food processor
- baking sheet
- oven
- aluminum foil

Directions

- Combine first 6 ingredients in a food processor, and pulse until a smooth paste forms, stopping to scrape down sides. Set aside.
- Cut 4 (12- x 12-inch) pieces of heavy-duty aluminum foil.
- Place 1 halibut steak in center of each; spread each steak with 1 tablespoon cilantro mixture. Top steaks evenly with lemon slices. Fold foil to seal.
- Place foil packets on a baking sheet.
- Bake at 400 for 15 minutes or until fish flakes easily with a fork.
- Serve Saison-style beers from Belgium (such as Saison Dupont) or the similar French bire de garde style (such as Jenlain from Brasserie Duyck). Their earthy, herbal qualities marry nicely with the cilantro and mint.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:20.995217333669%

Flavonoids

Eriodictyol: 8.06mg, Eriodictyol: 8.06mg, Eriodictyol: 8.06mg, Eriodictyol: 8.06mg Hesperetin: 9.73mg, Hesperetin: 9.73mg, Hesperetin: 9.73mg, Hesperetin: 9.73mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 170.34kcal (8.52%), Fat: 2.45g (3.77%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 2.97g (1.08%), Sugar: 1.05g (1.17%), Cholesterol: 83.3mg (27.77%), Sodium: 410.86mg (17.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.28g (64.56%), Selenium: 77.68µg (110.97%), Vitamin B3: 11.27mg (56.34%), Vitamin D: 7.99µg (53.27%), Vitamin B6: 0.98mg (48.96%), Phosphorus: 413.05mg (41.3%), Vitamin B12: 1.87µg (31.17%), Vitamin C: 22.21mg (26.92%), Potassium: 845.83mg (24.17%), Vitamin A: 643.44IU (12.87%), Vitamin K: 12.58µg (11.98%), Magnesium: 47.85mg (11.96%), Folate: 34.86µg (8.71%), Vitamin E: 1.2mg (8.03%), Vitamin B1: 0.11mg (7.11%), Vitamin B5: 0.69mg (6.94%), Manganese: 0.11mg (5.74%), Fiber: 1.41g (5.63%), Zinc: 0.72mg (4.81%), Vitamin B2: 0.08mg (4.75%), Iron: 0.81mg (4.53%), Copper: 0.08mg (4.06%), Calcium: 36.4mg (3.64%)