



Halibut Steamed with Oranges, Tomatoes, and Olives

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup wine dry white
- ☐ 3 ounces feta cheese drained thinly sliced
- ☐ 3 tablespoons chives fresh chopped
- ☐ 3 garlic clove thinly sliced
- ☐ 30 ounce pacific halibut filets
- ☐ 0.3 cup kalamata olives pitted sliced
- ☐ 3 tablespoons olive oil

- ☐ 3 large cranberry-orange relish
- ☐ 3 cups onion red thinly sliced

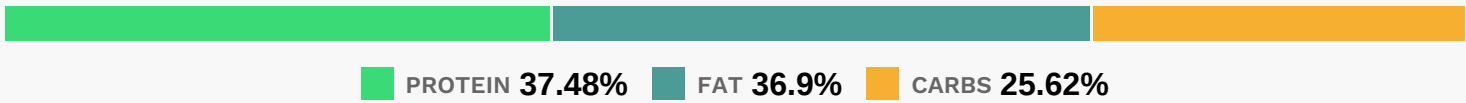
Equipment

- ☐ frying pan

Directions

- ☐ Cut off peel and white pith from oranges.
- ☐ Cut oranges between membranes to release segments.
- ☐ Heat oil in heavy very large skillet over medium-high heat.
- ☐ Add onions and garlic; sauté until tender and just beginning to brown, about 8 minutes.
- ☐ Add tomatoes and wine. Bring to boil. Reduce heat to medium-low and simmer 3 minutes. Gently stir in orange segments and olives. Season mixture to taste with salt and pepper.
- ☐ Sprinkle halibut fillets with salt and pepper. Arrange halibut in single layer atop vegetable mixture in skillet. Cover and simmer gently until halibut is just opaque in center, about 12 minutes.
- ☐ Spoon vegetable mixture onto plates. Top with halibut.
- ☐ Place feta cheese atop vegetable mixture and alongside halibut.
- ☐ Sprinkle with chives and serve.

Nutrition Facts



Properties

Glycemic Index:39.42, Glycemic Load:5.78, Inflammation Score:-8, Nutrition Score:24.904347792916%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 25.23mg, Hesperetin: 25.23mg, Hesperetin: 25.23mg, Hesperetin: 25.23mg Naringenin: 14.25mg, Naringenin: 14.25mg, Naringenin: 14.25mg, Naringenin: 14.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

Isorhamnetin: 4.11mg, Isorhamnetin: 4.11mg, Isorhamnetin: 4.11mg, Isorhamnetin: 4.11mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 16.77mg, Quercetin: 16.77mg, Quercetin: 16.77mg, Quercetin: 16.77mg

Nutrients (% of daily need)

Calories: 350.03kcal (17.5%), Fat: 13.29g (20.44%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 20.77g (6.92%), Net Carbohydrates: 16.88g (6.14%), Sugar: 12.46g (13.85%), Cholesterol: 82.07mg (27.36%), Sodium: 380.62mg (16.55%), Alcohol: 4.12g (100%), Alcohol %: 1.35% (100%), Protein: 30.37g (60.74%), Selenium: 67.96µg (97.08%), Vitamin C: 56.2mg (68.13%), Vitamin B6: 1.03mg (51.55%), Vitamin B3: 9.8mg (49.01%), Vitamin D: 6.72µg (44.79%), Phosphorus: 429.04mg (42.9%), Vitamin B12: 1.8µg (29.98%), Potassium: 950.79mg (27.17%), Folate: 66.59µg (16.65%), Vitamin E: 2.37mg (15.8%), Fiber: 3.88g (15.54%), Calcium: 146.67mg (14.67%), Magnesium: 58.33mg (14.58%), Vitamin B1: 0.22mg (14.49%), Vitamin B2: 0.23mg (13.56%), Manganese: 0.22mg (11.16%), Vitamin B5: 0.99mg (9.85%), Vitamin A: 458.29IU (9.17%), Zinc: 1.2mg (7.97%), Vitamin K: 8.27µg (7.88%), Copper: 0.13mg (6.36%), Iron: 0.81mg (4.51%)