



Halibut Stew with Olives and Lemon

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon capers minced drained
- 1.8 cups chicken broth
- 0.5 cup cooking wine dry white
- 1 cup flat-leaf parsley finely chopped
- 8 oz artichoke hearts frozen thawed quartered
- 2 large garlic cloves minced
- 1 cup olives green pitted
- 1 pound halibut chunks

- 1 juice of lemon grated
- 2 tablespoons olive oil
- 4 servings salt and pepper black freshly ground
- 4 servings salt and pepper black freshly ground to taste
- 1 pound yukon gold potatoes scrubbed cut into 3/4-in. cubes

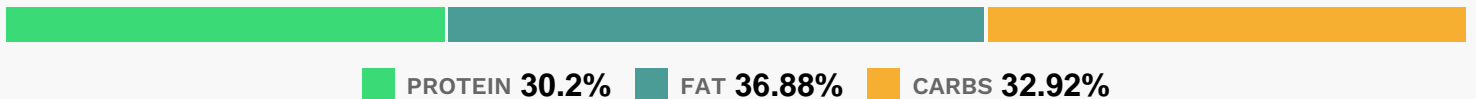
Equipment

- pot

Directions

- Heat oil in a large pot over medium heat.
- Add garlic, capers, and lemon zest and stir just until fragrant, about 30 seconds.
- Add wine and simmer, until reduced by half, about 2 minutes.
- Add broth and potatoes and return to a simmer. Lower heat slightly to maintain simmer, cover, and cook 10 minutes.
- Meanwhile, sprinkle halibut with salt and pepper.
- Add artichokes and halibut chunks to pot and stir. Cover and cook until potatoes are tender when pierced and halibut is opaque in the center, 8 to 10 minutes. Stir in parsley, lemon juice to taste, and olives. Season with additional salt and pepper to taste.
- Serve hot, with lemon wedges on the side.

Nutrition Facts



Properties

Glycemic Index:68.69, Glycemic Load:14.93, Inflammation Score:-9, Nutrition Score:30.790000003317%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin:

0.22mg, Naringenin: 0.22mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg
Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.76mg, Kaempferol: 3.76mg,
Kaempferol: 3.76mg, Kaempferol: 3.76mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin:
2.25mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 363.89kcal (18.19%), Fat: 14.4g (22.16%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 28.93g (9.64%), Net
Carbohydrates: 22.44g (8.16%), Sugar: 2.14g (2.38%), Cholesterol: 57.62mg (19.21%), Sodium: 1084.29mg (47.14%),
Alcohol: 3.09g (100%), Alcohol %: 0.81% (100%), Protein: 26.54g (53.07%), Vitamin K: 253.81µg (241.72%), Selenium:
53.18µg (75.97%), Vitamin C: 48.75mg (59.09%), Vitamin B6: 1.06mg (53.22%), Vitamin B3: 9.63mg (48.16%),
Phosphorus: 388.12mg (38.81%), Potassium: 1265.65mg (36.16%), Vitamin D: 5.33µg (35.53%), Folate: 129.34µg
(32.34%), Vitamin A: 1568.29IU (31.37%), Fiber: 6.48g (25.93%), Manganese: 0.48mg (24.16%), Vitamin E: 3.18mg
(21.22%), Magnesium: 84.54mg (21.13%), Vitamin B12: 1.27µg (21.13%), Vitamin B1: 0.23mg (15.25%), Iron: 2.72mg
(15.12%), Vitamin B2: 0.24mg (13.99%), Copper: 0.27mg (13.72%), Vitamin B5: 0.94mg (9.44%), Calcium: 82.3mg
(8.23%), Zinc: 1.23mg (8.2%)