



## Halibut Veracruz

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 medium avocados peeled sliced
- 2 tablespoons butter
- 2 tablespoons freshly cilantro leaves chopped
- 1 cup cooking wine dry white
- 3 cloves garlic thinly sliced
- 32 ounce pacific halibut filets
- 1 medium jalapeño diced
- 1 teaspoon kosher salt

- 2 tablespoons juice of lime fresh
- 0.5 cup olives spanish cut into thin rounds, plus 2 tablespoons olive juice from bottle
- 2 cups tomatoes diced
- 3 tablespoons vegetable oil
- 1 cup onion yellow thinly sliced

## Equipment

- frying pan
- oven

## Directions

- Preheat oven to 350 degrees F.
- Heat oil in a medium skillet over medium heat.
- Add onion and garlic, and cook until lightly colored, about 3 minutes.
- Add tomato, jalapeno and white wine. Cook until wine is reduced by 2/3, about 5 to 7 minutes. While sauce is reducing, heat butter in a separate skillet over medium heat. Season fish with kosher salt. When butter is melted, add halibut to the pan. Cook for 2 minutes, flip over and then transfer pan to preheated oven and bake until cooked through, about 10 minutes.
- Remove sauce from heat when reduced and stir in olives and olive juice.
- To serve, divide sauce equally among 4 dinner plates.
- Place halibut (first caramelized side up) in the center of each plate on top of the sauce.
- Place avocado slices on top of fish, sprinkle with lime juice and cilantro, as garnish.

## Nutrition Facts



## Properties

Glycemic Index:78.5, Glycemic Load:2.81, Inflammation Score:-9, Nutrition Score:37.219999790192%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

## Nutrients (% of daily need)

Calories: 616.91kcal (30.85%), Fat: 36.47g (56.11%), Saturated Fat: 8.34g (52.14%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 9.98g (3.63%), Sugar: 5.29g (5.87%), Cholesterol: 126.18mg (42.06%), Sodium: 1059.94mg (46.08%), Alcohol: 6.18g (100%), Alcohol %: 1.42% (100%), Protein: 45.78g (91.55%), Selenium: 104.65µg (149.5%), Vitamin B3: 17.18mg (85.92%), Vitamin B6: 1.69mg (84.49%), Vitamin D: 10.66µg (71.06%), Phosphorus: 635.63mg (63.56%), Potassium: 1787.96mg (51.08%), Vitamin K: 48.23µg (45.93%), Vitamin B12: 2.51µg (41.78%), Vitamin E: 5.66mg (37.75%), Vitamin C: 30.37mg (36.82%), Fiber: 9.05g (36.18%), Folate: 130.6µg (32.65%), Magnesium: 103.25mg (25.81%), Vitamin A: 1216.5IU (24.33%), Vitamin B5: 2.36mg (23.63%), Manganese: 0.42mg (20.96%), Copper: 0.34mg (16.83%), Vitamin B1: 0.24mg (16.1%), Vitamin B2: 0.24mg (14.27%), Zinc: 1.78mg (11.86%), Iron: 1.51mg (8.4%), Calcium: 66.48mg (6.65%)