



Halibut Veracruz

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers
- ☐ 2 garlic cloves minced
- ☐ 36 ounce pacific halibut filets
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup olives spanish sliced
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon oregano dried

- ☐ 1 teaspoon serrano chile minced seeded
- ☐ 5 tomatoes ripe
- ☐ 2 teaspoons butter unsalted
- ☐ 0.3 cup vegetable oil divided

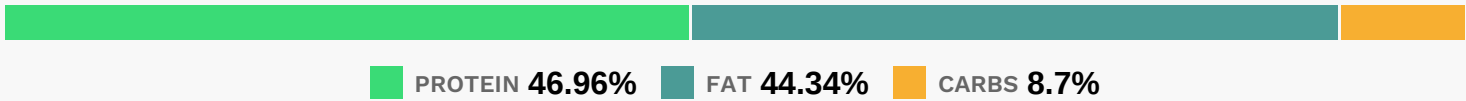
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place tomatoes on a large rimmed baking sheet.
- ☐ Bake at 450 for 20 minutes. Turn tomatoes; bake 20 more minutes or until skins are blistered and lightly browned. Pulse tomatoes and pan juices in a food processor until roughly chopped.
- ☐ Saut onion in 2 tablespoons hot oil in a large skillet over medium-high heat 3 minutes or until tender.
- ☐ Add garlic and serrano; saut 15 seconds.
- ☐ Add olives, capers, and chopped tomatoes; bring to a boil. Reduce heat, and simmer 5 minutes.
- ☐ Remove from heat; stir in oregano.
- ☐ Sprinkle halibut with salt and pepper. Melt butter with remaining 2 tablespoons oil in a large skillet over medium-high heat.
- ☐ Add halibut; cook 5 minutes on each side or until fish flakes easily with a fork.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:1.44, Inflammation Score:-8, Nutrition Score:23.106521710106%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 281.82kcal (14.09%), Fat: 13.81g (21.25%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 4.26g (1.55%), Sugar: 3.33g (3.7%), Cholesterol: 86.93mg (28.98%), Sodium: 670.94mg (29.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.92g (65.83%), Selenium: 77.89µg (111.27%), Vitamin B3: 11.75mg (58.73%), Vitamin D: 8.02µg (53.46%), Vitamin B6: 1.05mg (52.4%), Phosphorus: 432.84mg (43.28%), Vitamin B12: 1.87µg (31.23%), Potassium: 1014.52mg (28.99%), Vitamin K: 26.55µg (25.29%), Vitamin A: 1041.04IU (20.82%), Vitamin C: 15.61mg (18.92%), Vitamin E: 2.63mg (17.56%), Magnesium: 54.11mg (13.53%), Manganese: 0.2mg (9.93%), Folate: 39.48µg (9.87%), Vitamin B1: 0.13mg (8.89%), Fiber: 1.84g (7.35%), Vitamin B5: 0.7mg (7.05%), Copper: 0.13mg (6.41%), Zinc: 0.84mg (5.59%), Vitamin B2: 0.08mg (4.76%), Iron: 0.72mg (4.01%), Calcium: 33.77mg (3.38%)