



Halibut with Artichoke and Olive Caponata



Gluten Free



Dairy Free



Very Healthy

READY IN



52 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground for seasoning
- 14.5 ounce canned tomatoes diced with juices canned
- 1 tablespoon capers rinsed drained
- 1 celery stalk chopped
- 3 tablespoons flat-leaf parsley fresh italian chopped for garnish
- 8 ounces artichoke hearts frozen thawed cut into 1-inch pieces
- 16 ounce center-cut halibut fillets
- 10 kalamata olives pitted halved

- 0.3 cup olive oil
- 3 tablespoons olive oil extra-virgin
- 3 tablespoons raisins
- 1 small onion red chopped
- 0.3 cup red wine vinegar
- 1 teaspoon salt for seasoning
- 4 servings salt and pepper black freshly ground
- 1 tablespoon sugar

Equipment

- frying pan
- oven
- grill
- grill pan

Directions

- For the caponata: In a large skillet, heat the olive oil over medium-high heat.
- Add the onion and season with salt and pepper. Cook until translucent, about 3 minutes.
- Add the celery and artichoke hearts and cook until soft and the artichokes are lightly browned, 3 to 4 minutes.
- Add the tomatoes, olives, and raisins to the pan. Simmer over medium-low heat, stirring frequently, until the mixture thickens, about 25 minutes. Stir in the vinegar, sugar, and capers and season with salt and pepper, to taste.
- Place a nonstick grill pan over medium-high heat or preheat a gas or charcoal grill. (If not using a nonstick grill pan, lightly oil the pan before grilling the fish. The halibut can also be roasted for 10 to 12 minutes in a pre-heated 400 degrees F oven.)
- Drizzle the halibut on both sides with olive oil. Season on both sides with salt and pepper. Grill until the flesh flakes easily with a fork, 3 to 4 minutes on each side.
- Arrange the halibut on a serving platter and top with the caponata.
- Garnish with chopped parsley and serve.

Nutrition Facts

PROTEIN 21.8% FAT 53.95% CARBS 24.25%

Properties

Glycemic Index:94.22, Glycemic Load:9.6, Inflammation Score:-8, Nutrition Score:27.297390937805%

Flavonoids

Apigenin: 6.52mg, Apigenin: 6.52mg, Apigenin: 6.52mg, Apigenin: 6.52mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg

Nutrients (% of daily need)

Calories: 448.8kcal (22.44%), Fat: 27.77g (42.73%), Saturated Fat: 4.01g (25.05%), Carbohydrates: 28.09g (9.36%), Net Carbohydrates: 21.57g (7.84%), Sugar: 8.84g (9.82%), Cholesterol: 55.57mg (18.52%), Sodium: 459.6mg (19.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.25g (50.51%), Selenium: 52.86µg (75.51%), Vitamin K: 78.36µg (74.63%), Vitamin B3: 9.42mg (47.12%), Vitamin B6: 0.9mg (44.85%), Vitamin E: 6.09mg (40.6%), Phosphorus: 355.95mg (35.6%), Vitamin D: 5.33µg (35.53%), Potassium: 1118.49mg (31.96%), Folate: 112.63µg (28.16%), Manganese: 0.52mg (26.22%), Fiber: 6.52g (26.07%), Vitamin C: 19.31mg (23.41%), Vitamin B12: 1.25µg (20.79%), Magnesium: 75.96mg (18.99%), Iron: 3.11mg (17.28%), Copper: 0.33mg (16.4%), Vitamin A: 706.94IU (14.14%), Vitamin B1: 0.2mg (13.31%), Vitamin B2: 0.21mg (12.32%), Calcium: 96.06mg (9.61%), Vitamin B5: 0.85mg (8.54%), Zinc: 1.02mg (6.8%)