



Halibut with Bacony Corn Sauté

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 center-cut applewood-smoked bacon
- 0.3 teaspoon pepper black freshly ground
- 1.5 tablespoons butter
- 2.3 cups corn kernels fresh (4 ears)
- 0.8 cup green onions sliced (1-inch)
- 24 ounce pacific halibut filets skinless
- 4 lime wedges
- 1 tablespoon olive oil extra-virgin

0.3 teaspoon salt

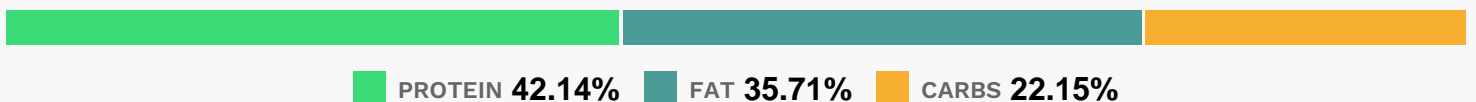
Equipment

frying pan

Directions

- Heat a large nonstick skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Sprinkle fish evenly with salt and freshly ground black pepper.
- Add fish to pan; saut 4 minutes on each side or until golden and cooked to desired degree of doneness.
- Remove fish from pan; keep warm.
- Reduce heat to medium.
- Add bacon to pan; cook 4 minutes or until crisp.
- Remove bacon from pan; crumble.
- Add corn to drippings in pan; cook 3 minutes or until beginning to brown, stirring occasionally. Stir in butter; cook 1 minute or until butter melts. Stir in crumbled bacon and green onions.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:25.140434617582%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 328.16kcal (16.41%), Fat: 13.38g (20.58%), Saturated Fat: 4.69g (29.29%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 16.02g (5.82%), Sugar: 5.85g (6.5%), Cholesterol: 98.27mg (32.76%), Sodium: 346.87mg

(15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.53g (71.05%), Selenium: 79.4µg (113.43%), Vitamin B3: 12.88mg (64.38%), Vitamin D: 8.02µg (53.44%), Vitamin B6: 1.04mg (52.12%), Phosphorus: 493.57mg (49.36%), Vitamin K: 41.84µg (39.85%), Vitamin B12: 1.91µg (31.79%), Potassium: 1044.13mg (29.83%), Magnesium: 75.11mg (18.78%), Vitamin C: 14.31mg (17.34%), Folate: 68.29µg (17.07%), Vitamin B1: 0.24mg (16.18%), Vitamin B5: 1.26mg (12.59%), Vitamin E: 1.89mg (12.59%), Vitamin A: 596.34IU (11.93%), Fiber: 2.65g (10.62%), Manganese: 0.2mg (10%), Zinc: 1.15mg (7.68%), Vitamin B2: 0.12mg (7.11%), Iron: 1.14mg (6.32%), Copper: 0.11mg (5.73%), Calcium: 35.19mg (3.52%)