



Halibut with Caper Salsa Verde



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon anchovy paste
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1.5 teaspoons capers minced drained
- ☐ 0.3 teaspoon dijon mustard
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 12 ounce pacific halibut filets skinless
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.3 teaspoon lemon rind grated
- ☐ 4 teaspoons olive oil extra-virgin divided
- ☐ 1 teaspoon shallots minced

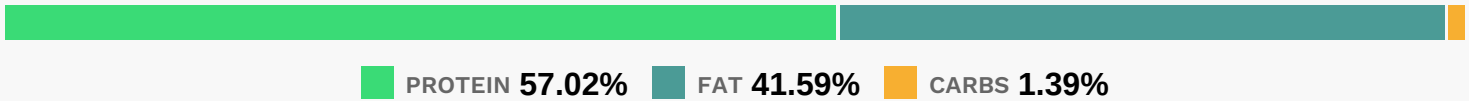
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine 1 tablespoon oil, 1/8 teaspoon pepper, parsley, and next 6 ingredients (through anchovy paste) in a small bowl, tossing well; set aside.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add remaining 1 teaspoon oil to pan; swirl to coat.
- ☐ Sprinkle fish fillets evenly with salt and remaining 1/8 teaspoon black pepper.
- ☐ Add fish fillets to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Serve fish with salsa verde.

Nutrition Facts



Properties

Glycemic Index:123, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:22.386956297833%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 230.39kcal (11.52%), Fat: 10.39g (15.98%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.15g (0.16%), Cholesterol: 83.67mg (27.89%), Sodium: 471.19mg (20.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.04g (64.09%), Selenium: 78.09µg (111.55%),

Vitamin K: 79.56µg (75.77%), Vitamin B3: 11.24mg (56.19%), Vitamin D: 8µg (53.34%), Vitamin B6: 0.94mg (47.25%), Phosphorus: 407.66mg (40.77%), Vitamin B12: 1.87µg (31.24%), Potassium: 778.76mg (22.25%), Vitamin E: 2.27mg (15.11%), Vitamin A: 560.62IU (11.21%), Magnesium: 44.14mg (11.03%), Vitamin C: 6.15mg (7.45%), Folate: 28.7µg (7.18%), Vitamin B5: 0.62mg (6.16%), Vitamin B1: 0.09mg (6.13%), Zinc: 0.7mg (4.65%), Manganese: 0.09mg (4.39%), Iron: 0.72mg (4.01%), Vitamin B2: 0.06mg (3.6%), Copper: 0.06mg (3.24%), Calcium: 24.9mg (2.49%), Fiber: 0.36g (1.44%)