



Halibut with Capers, Olives, and Tomatoes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings all purpose flour
- ☐ 1 tablespoon capers drained
- ☐ 0.3 cup bottled clam juice
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 cup basil fresh divided chopped
- ☐ 24 ounce pacific halibut filets
- ☐ 0.5 cup kalamata olives pitted chopped
- ☐ 4 tablespoons olive oil divided

- ☐ 4 plum tomatoes seeded chopped
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 2 large shallots chopped

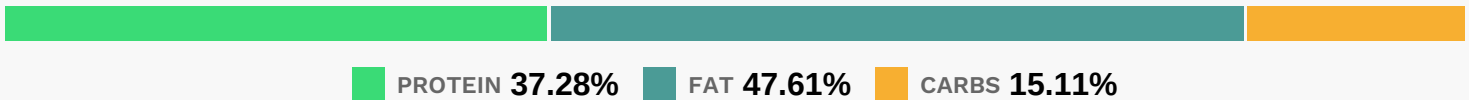
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle fish with salt and pepper. Dredge in flour.
- ☐ Heat 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add fish and sauté until lightly browned and just opaque in center, about 4 minutes per side.
- ☐ Transfer fish to platter.
- ☐ Heat remaining 2 tablespoons oil in same skillet.
- ☐ Add shallots and crushed red pepper; sauté 1 minute.
- ☐ Mix in tomatoes, olives, 1/4 cup basil, and capers.
- ☐ Add clam juice and wine. Boil until sauce thickens slightly, about 4 minutes.
- ☐ Mix in 1/4 cup basil. Season sauce with salt and pepper. Spoon sauce over fish.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:5.36, Inflammation Score:-8, Nutrition Score:24.102174033289%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 373.74kcal (18.69%), Fat: 19.15g (29.46%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 11.53g (4.19%), Sugar: 3.55g (3.94%), Cholesterol: 83.35mg (27.78%), Sodium: 513.62mg (22.33%), Alcohol: 1.54g (100%), Alcohol %: 0.61% (100%), Protein: 33.73g (67.46%), Selenium: 80.56µg (115.09%), Vitamin B3: 12.07mg (60.33%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1.06mg (53.03%), Phosphorus: 439.71mg (43.97%), Vitamin B12: 1.88µg (31.28%), Potassium: 984.15mg (28.12%), Vitamin E: 4.15mg (27.68%), Vitamin K: 26.82µg (25.54%), Vitamin A: 924.69IU (18.49%), Magnesium: 57.33mg (14.33%), Vitamin C: 11.11mg (13.46%), Folate: 52.46µg (13.11%), Vitamin B1: 0.18mg (12.3%), Manganese: 0.24mg (11.95%), Fiber: 2.14g (8.55%), Vitamin B5: 0.74mg (7.43%), Iron: 1.32mg (7.33%), Copper: 0.14mg (7.22%), Vitamin B2: 0.11mg (6.73%), Zinc: 0.9mg (5.98%), Calcium: 42.22mg (4.22%)