



Halibut with Carrots, Fennel, Lemon, and Garlic



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium carrots cut into matchstick-size strips
- ☐ 12 ounce cherry tomatoes halved
- ☐ 1 large fennel bulb fresh halved very thinly sliced
- ☐ 2 large bunches thyme leaves fresh
- ☐ 2 garlic cloves peeled
- ☐ 32 ounce pacific halibut filets
- ☐ 2 large lemons; 1 very thin sliced cut into 8 wedges

☐ 1 cup olive oil divided

Equipment

☐ baking sheet

☐ oven

☐ blender

☐ aluminum foil

☐ spatula

Directions

☐ Preheat oven to 450°F. Line large rimmed baking sheet with foil, leaving overhang as long as baking sheet.

☐ Brush foil with 1 tablespoon oil. Scatter sliced fennel in center of foil as bed for fish. Top fennel with lemon slices, then fish, spacing slightly apart.

☐ Sprinkle fish with salt and pepper.

☐ Sprinkle carrots over fish; arrange tomatoes around fish.

☐ Drizzle 3 tablespoons oil over fish and tomatoes. Top with 16 thyme sprigs. Cover fish with foil overhang and seal.

☐ Bake fish until just opaque in center, about 12 minutes.

☐ Meanwhile, blend remaining 3/4 cup olive oil and garlic in blender until smooth. Season sauce to taste with salt and pepper.

☐ Open foil packet.

☐ Drizzle all of sauce over fish and vegetables. Reseal foil.

☐ Let fish cool at room temperature 1 hour. Chill overnight.

☐ Discard thyme sprigs. Using large spatula, transfer 1 fish fillet with fennel base to each of 8 plates. Divide tomatoes, carrots, and sauce among plates.

☐ Garnish fish with lemon wedges and fennel fronds.

Nutrition Facts



Properties

Glycemic Index:30.29, Glycemic Load:1.57, Inflammation Score:-9, Nutrition Score:20.062608874362%

Flavonoids

Eriodictyol: 6.08mg, Eriodictyol: 6.08mg, Eriodictyol: 6.08mg, Eriodictyol: 6.08mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 183.1kcal (9.16%), Fat: 7.14g (10.98%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 5.69g (2.07%), Sugar: 3.61g (4.02%), Cholesterol: 55.57mg (18.52%), Sodium: 108.32mg (4.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.36g (44.72%), Selenium: 52.36µg (74.8%), Vitamin A: 2888.67IU (57.77%), Vitamin B3: 7.98mg (39.91%), Vitamin B6: 0.72mg (36.08%), Vitamin D: 5.33µg (35.53%), Vitamin C: 29.05mg (35.21%), Phosphorus: 305.22mg (30.52%), Vitamin K: 24.84µg (23.65%), Potassium: 797.72mg (22.79%), Vitamin B12: 1.25µg (20.79%), Vitamin E: 2.02mg (13.46%), Magnesium: 39.46mg (9.86%), Fiber: 2.44g (9.75%), Folate: 33.04µg (8.26%), Manganese: 0.16mg (7.99%), Vitamin B1: 0.1mg (6.49%), Vitamin B5: 0.61mg (6.1%), Iron: 0.98mg (5.44%), Copper: 0.1mg (4.89%), Calcium: 41.42mg (4.14%), Vitamin B2: 0.07mg (4.06%), Zinc: 0.59mg (3.95%)