



HEALTH SCORE

87%

Halibut with Charred Garlic Oil and Tomato Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup flat-leaf parsley chopped



2 tablespoons tarragon leaves fresh chopped for garnish



5 cloves garlic crushed



32 ounce pacific halibut filets



0.5 cup kalamata olives pitted



0.3 cup olive oil



0.5 cup olive oil extra-virgin

- ☐ 0.5 pint pear tomatoes red halved
- ☐ 0.5 pint pear tomatoes yellow halved
- ☐ 0.5 small onion diced red
- ☐ 4 servings salt and pepper black freshly ground

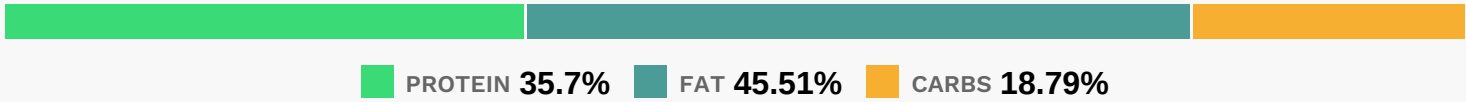
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine tomatoes, olives, onion, parsley, tarragon and extra-virgin olive oil in a small bowl and season with salt and pepper, to taste.
- ☐ Let sit at room temperature for 30 minutes before serving.
- ☐ Combine the garlic and the olive oil in a small bowl.
- ☐ Brush both sides of the halibut with the oil and let marinate for 15 minutes.
- ☐ Heat the grill to high.
- ☐ Season the halibut with salt and pepper, to taste, on both sides and grill until slightly charred and just cooked through, about 5 minutes per side.
- ☐ Remove from the grill to a platter.
- ☐ Garnish with tarragon and serve immediately with the tomato relish on the side.

Nutrition Facts



Properties

Glycemic Index:78.63, Glycemic Load:6.99, Inflammation Score:-8, Nutrition Score:32.150000157564%

Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg,

Epigallocatechin: 0.7mg Epicatechin: 4.45mg, Epicatechin: 4.45mg, Epicatechin: 4.45mg, Epicatechin: 4.45mg
Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–
gallate: 0.02mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate:
0.2mg, Epigallocatechin 3–gallate: 0.2mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg
Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg,
Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg,
Kaempferol: 0.16mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin:
3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 488.37kcal (24.42%), Fat: 24.98g (38.43%), Saturated Fat: 3.72g (23.25%), Carbohydrates: 23.21g (7.74%),
Net Carbohydrates: 18.27g (6.64%), Sugar: 12.28g (13.64%), Cholesterol: 111.13mg (37.04%), Sodium: 424.51mg
(18.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.09g (88.18%), Selenium: 104.45µg (149.22%),
Vitamin B3: 15.4mg (77%), Vitamin K: 78.6µg (74.86%), Vitamin B6: 1.43mg (71.67%), Vitamin D: 10.66µg (71.06%),
Phosphorus: 573.12mg (57.31%), Vitamin B12: 2.49µg (41.58%), Potassium: 1293.98mg (36.97%), Vitamin E: 4.92mg
(32.83%), Manganese: 0.46mg (22.99%), Fiber: 4.94g (19.78%), Magnesium: 78.8mg (19.7%), Vitamin C: 14.01mg
(16.98%), Vitamin A: 711.91IU (14.24%), Folate: 54.03µg (13.51%), Iron: 2.23mg (12.39%), Copper: 0.22mg (10.83%),
Vitamin B1: 0.16mg (10.47%), Vitamin B2: 0.16mg (9.33%), Calcium: 90.92mg (9.09%), Vitamin B5: 0.9mg (8.95%),
Zinc: 1.19mg (7.91%)