



Halibut with Citrus Couscous, Red-Onion Marmalade, and Cilantro-Almond Sauce

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup almonds toasted sliced
- 0.1 teaspoon pepper black
- 0.3 teaspoon pepper black
- 1 teaspoon chile paste
- 1 cup couscous uncooked
- 0.3 teaspoon curry powder
- 1 tablespoon curry powder

- 1.5 cups cilantro leaves fresh chopped
- 2 garlic cloves minced
- 2 garlic cloves peeled
- 1 teaspoon ground cumin
- 24 ounce skinned halibut fillets ()
- 2 tablespoons honey
- 0.3 cup jalapeno seeded finely chopped (2 large)
- 2 tablespoons juice of lemon fresh
- 0.3 teaspoon lemon rind grated
- 0.3 cup juice of lime fresh
- 0.3 cup orange juice fresh
- 2 tablespoons orange juice fresh
- 0.3 teaspoon orange rind grated
- 1 teaspoon orange rind grated
- 1 Dash pepper black
- 0.3 cup port sweet
- 1 cup onion red vertically sliced
- 2 tablespoons red wine vinegar
- 2 cups gourmet salad greens
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 2 tablespoons sugar
- 0.8 cup water
- 3 tablespoons water

Equipment

- food processor
- frying pan

sauce pan

blender

Directions

- To prepare marmalade, combine first 4 ingredients in a small nonaluminum saucepan. Bring to a boil; cook until reduced to 1/2 cup (about 5 minutes).
- Add onion and 1 teaspoon orange rind; cook 5 minutes.
- Sprinkle with 1/8 teaspoon salt and dash of black pepper; set aside.
- To prepare sauce, combine cilantro and next 9 ingredients (cilantro through peeled garlic) in a blender or food processor; process until smooth.
- To prepare couscous, bring 3/4 cup water and next 9 ingredients (water through minced garlic) to a boil in a medium saucepan; gradually stir in couscous.
- Remove from heat; cover and let stand for 5 minutes. Fluff with a fork.
- To prepare the halibut, combine curry and 1/2 teaspoon salt. Rub the fillets with curry mixture. Lightly coat with cooking spray.
- Heat a large nonstick skillet over medium-high heat until hot.
- Add fillets, and saut 4 minutes on each side or until fish flakes easily when tested with a fork.
- Place 1/2 cup salad greens on each of 4 plates, and top each serving with 1 cup couscous. Arrange fillets on top of couscous, and top with 2 tablespoons marmalade. Spoon 1/4 cup sauce around plate.

Nutrition Facts



Properties

Glycemic Index:157.09, Glycemic Load:31.74, Inflammation Score:-8, Nutrition Score:31.996956452079%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg

Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 5.4mg, Hesperetin: 5.4mg, Hesperetin: 5.4mg, Hesperetin: 5.4mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.31mg, Isorhamnetin: 2.31mg, Isorhamnetin: 2.31mg, Isorhamnetin: 2.31mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 11.99mg, Quercetin: 11.99mg, Quercetin: 11.99mg, Quercetin: 11.99mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 505.76kcal (25.29%), Fat: 8.84g (13.6%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 63.1g (21.03%), Net Carbohydrates: 57.54g (20.92%), Sugar: 19.85g (22.05%), Cholesterol: 83.35mg (27.78%), Sodium: 646.13mg (28.09%), Alcohol: 1.59g (100%), Alcohol %: 0.45% (100%), Protein: 41.32g (82.63%), Selenium: 79.35µg (113.36%), Vitamin B3: 13.59mg (67.97%), Vitamin B6: 1.18mg (59.19%), Phosphorus: 579.17mg (57.92%), Vitamin D: 7.99µg (53.3%), Manganese: 0.93mg (46.73%), Vitamin C: 37.79mg (45.81%), Potassium: 1190.12mg (34%), Vitamin E: 4.78mg (31.86%), Vitamin B12: 1.87µg (31.18%), Magnesium: 112.36mg (28.09%), Fiber: 5.55g (22.21%), Vitamin K: 22.04µg (20.99%), Copper: 0.37mg (18.48%), Vitamin A: 892.89IU (17.86%), Folate: 67.94µg (16.99%), Vitamin B1: 0.25mg (16.88%), Vitamin B2: 0.28mg (16.6%), Iron: 2.62mg (14.55%), Vitamin B5: 1.41mg (14.1%), Zinc: 1.69mg (11.27%), Calcium: 99.47mg (9.95%)