



Halibut with Citrus-Fennel Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon fennel fronds chopped
- ☐ 1.3 cups fennel bulb shaved ()
- ☐ 24 ounce pacific halibut filets
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 1.3 cups orange sections coarsely chopped (2 oranges)
- ☐ 0.8 teaspoon salt divided

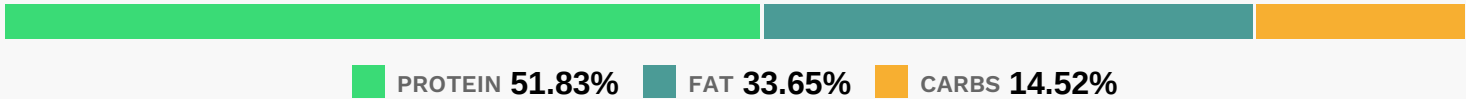
Equipment

☐ frying pan

Directions

- ☐ Sprinkle fish with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add fish to pan; cook 4 minutes on each side or until fish flakes easily with a fork or until desired degree of doneness.
- ☐ Combine fennel, orange, fennel frond, remaining 1 tablespoon oil, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper; toss gently.
- ☐ Serve with fish.

Nutrition Facts



Properties

Glycemic Index:53.63, Glycemic Load:2.88, Inflammation Score:-6, Nutrition Score:22.911738872528%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 15.33mg, Hesperetin: 15.33mg, Hesperetin: 15.33mg, Hesperetin: 15.33mg Naringenin: 8.62mg, Naringenin: 8.62mg, Naringenin: 8.62mg, Naringenin: 8.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 253.62kcal (12.68%), Fat: 9.4g (14.47%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 6.73g (2.45%), Sugar: 6.48g (7.2%), Cholesterol: 83.35mg (27.78%), Sodium: 567.97mg (24.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.59g (65.18%), Selenium: 78.08µg (111.54%), Vitamin B3: 11.43mg (57.17%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.98mg (49.07%), Phosphorus: 425.34mg (42.53%), Vitamin C: 33.63mg (40.76%), Vitamin B12: 1.87µg (31.18%), Potassium: 974.74mg (27.85%), Vitamin K: 24.22µg (23.07%), Vitamin E: 2.33mg (15.53%), Magnesium: 50.65mg (12.66%), Folate: 45.69µg (11.42%), Fiber: 2.4g (9.61%), Vitamin B1: 0.14mg (9.17%), Vitamin B5: 0.8mg (8.01%), Manganese: 0.14mg (7.04%), Vitamin A: 283.96IU (5.68%), Calcium: 51.54mg (5.15%), Vitamin B2: 0.08mg (4.95%), Zinc: 0.72mg (4.79%), Copper: 0.09mg (4.51%), Iron: 0.63mg (3.52%)