



Halibut with Dried Tomato-Basil Pesto



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings tomato-basil pesto dried
- ☐ 1 cedar plank
- ☐ 24 ounce pacific halibut filets
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

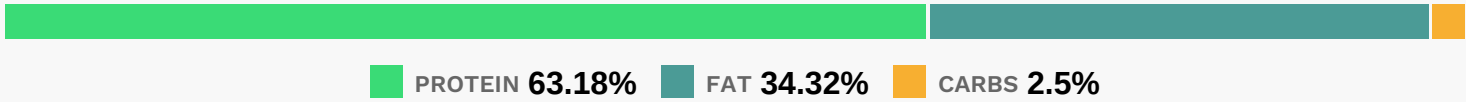
Equipment

- ☐ grill

Directions

- ☐ Soak plank in water to cover 1 hour; drain.
- ☐ Place fillets on plank; sprinkle evenly with salt and pepper. Coat each fillet with Dried Tomato-Basil Pesto.
- ☐ Place plank on grill rack.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 4 to 5 minutes or until fish flakes with a fork.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:17.719130332055%

Nutrients (% of daily need)

Calories: 213.15kcal (10.66%), Fat: 7.82g (12.03%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.48g (0.53%), Cholesterol: 84.55mg (28.18%), Sodium: 546.63mg (23.77%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 32.37g (64.74%), Selenium: 77.57µg (110.82%), Vitamin B3: 11.07mg (55.37%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.93mg (46.62%), Phosphorus: 401.63mg (40.16%), Vitamin B12: 1.87µg (31.18%), Potassium: 741.64mg (21.19%), Magnesium: 39.34mg (9.84%), Vitamin A: 417.05IU (8.34%), Vitamin E: 1.04mg (6.93%), Vitamin B5: 0.59mg (5.85%), Vitamin B1: 0.09mg (5.68%), Folate: 20.43µg (5.11%), Zinc: 0.61mg (4.1%), Calcium: 36.79mg (3.68%), Vitamin B2: 0.05mg (3.01%), Iron: 0.37mg (2.08%), Copper: 0.04mg (2.05%), Manganese: 0.04mg (1.77%), Fiber: 0.27g (1.09%)