



## Halibut with Fried Capers and Lemon

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup flour all-purpose
- ☐ 24 ounce pacific halibut filets skinless
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 lemon zest cut into fine julienne
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings salt and pepper freshly ground
- ☐ 5 ounces salt-packed capers rinsed
- ☐ 2 tablespoons butter unsalted

## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ aluminum foil
- ☐ slotted spoon

## Directions

- ☐ In a medium saucepan, bring 1 quart of water to a boil.
- ☐ Add the capers and simmer over moderately high heat for 5 minutes.
- ☐ Drain the capers and pat dry with paper towels.
- ☐ In a large skillet, heat 1/4 cup of the olive oil.
- ☐ Add the lemon zest and cook over moderately high heat, stirring, until starting to brown, about 40 seconds. With a slotted spoon, transfer the zest to paper towels to drain.
- ☐ Dredge the capers in the flour and shake off any excess. Reheat the olive oil.
- ☐ Add the capers and fry over moderately high heat, stirring often, until crisp and browned, about 3 minutes. With a slotted spoon, transfer the capers to paper towels to drain. Wipe out the skillet.
- ☐ Add the remaining 2 tablespoons of olive oil to the skillet and heat until shimmering. Season the halibut with salt and pepper, add it to the skillet and cook over high heat until browned and crisp on the bottom, about 4 minutes. Turn the fillets and cook over moderate heat until just white throughout, about 4 minutes longer.
- ☐ Transfer the fish to plates and tent with foil to keep warm.
- ☐ Add the wine to the skillet and cook over moderately high heat until it is reduced by half, about 3 minutes.
- ☐ Add the lemon juice and remove from the heat. Swirl in the butter until melted and season the sauce with salt and pepper.
- ☐ Drizzle the sauce over the halibut, top with the fried lemon zest and capers and serve.
- ☐ Serve the fried capers and lemon zest on pizza, grilled chicken, in salads or in an omelet.

## Nutrition Facts

 **PROTEIN 37.61%**  **FAT 49.15%**  **CARBS 13.24%**

Properties

Glycemic Index:35, Glycemic Load:8.74, Inflammation Score:-6, Nutrition Score:20.917391269103%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 438.09kcal (21.9%), Fat: 22.23g (34.19%), Saturated Fat: 5.98g (37.4%), Carbohydrates: 13.47g (4.49%), Net Carbohydrates: 12.86g (4.68%), Sugar: 0.59g (0.65%), Cholesterol: 98.4mg (32.8%), Sodium: 2970.24mg (129.14%), Alcohol: 3.09g (100%), Alcohol %: 1.39% (100%), Protein: 38.27g (76.54%), Selenium: 82.98µg (118.54%), Vitamin B3: 12.04mg (60.22%), Vitamin D: 8.1µg (54%), Vitamin B6: 0.96mg (48.01%), Phosphorus: 426.16mg (42.62%), Vitamin B12: 1.88µg (31.38%), Potassium: 789.92mg (22.57%), Vitamin E: 3.17mg (21.12%), Vitamin B1: 0.21mg (14.15%), Folate: 51.21µg (12.8%), Magnesium: 46.38mg (11.59%), Vitamin K: 8.78µg (8.37%), Manganese: 0.16mg (8.1%), Vitamin B2: 0.14mg (8.08%), Vitamin B5: 0.69mg (6.88%), Iron: 1.17mg (6.53%), Vitamin C: 4.84mg (5.86%), Vitamin A: 290.1IU (5.8%), Zinc: 0.77mg (5.15%), Copper: 0.07mg (3.33%), Fiber: 0.6g (2.41%), Calcium: 21.35mg (2.13%)