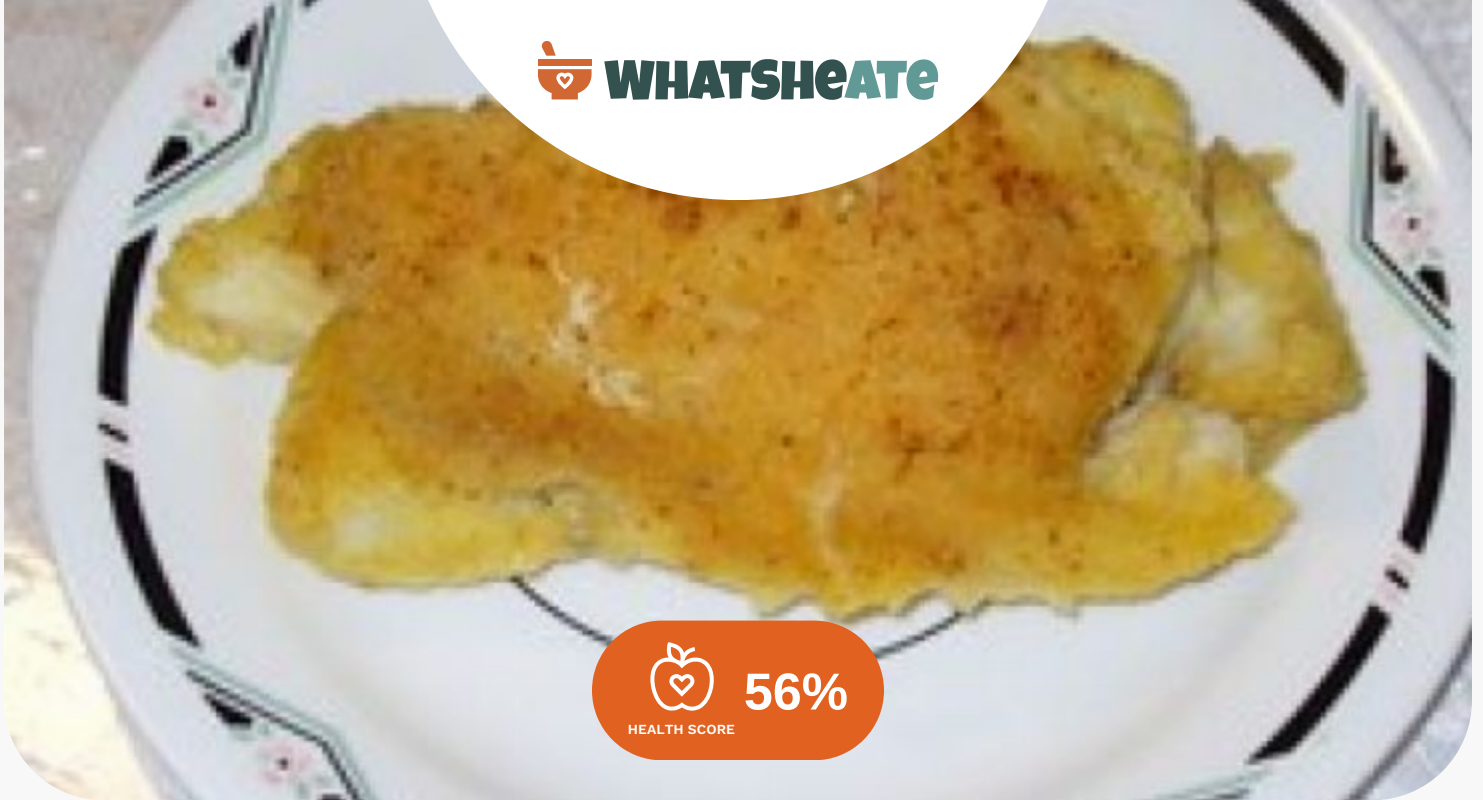




Halibut with Garlic Sauce



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 cup chicken broth
- ☐ 0.5 cup cornmeal
- ☐ 3 cloves garlic minced
- ☐ 4 servings ground pepper black to taste
- ☐ 1 pound halibut cut into chunks
- ☐ 4 servings salt to taste
- ☐ 0.3 cup sunflower seed oil

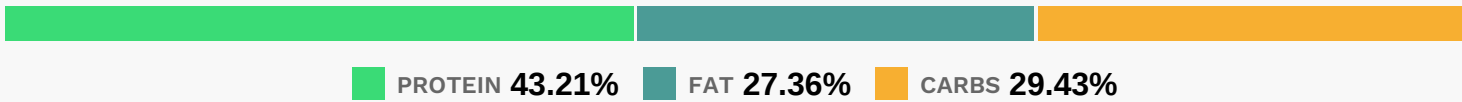
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Season the halibut with salt, and dredge in the cornmeal to coat.
- ☐ Heat the oil in a skillet over medium heat.
- ☐ Place the coated halibut in the skillet, and cook 5 minutes, until lightly browned on all sides.
- ☐ Mix the chicken broth, garlic, and bay leaf in a pot, and bring to a boil.
- ☐ Pour into the skillet with the halibut. Season with pepper. Continue cooking 5 minutes, or until fish is easily flaked with a fork.

Nutrition Facts



Properties

Glycemic Index:50.13, Glycemic Load:9.06, Inflammation Score:-5, Nutrition Score:18.738260854198%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 235.63kcal (11.78%), Fat: 7.13g (10.96%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 14.58g (5.3%), Sugar: 0.81g (0.89%), Cholesterol: 56.74mg (18.91%), Sodium: 490.82mg (21.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.32g (50.64%), Selenium: 57.9µg (82.72%), Vitamin B6: 0.88mg (44%), Vitamin B3: 8.72mg (43.59%), Phosphorus: 373.59mg (37.36%), Vitamin D: 5.33µg (35.53%), Vitamin E: 3.74mg (24.91%), Vitamin B12: 1.26µg (20.99%), Manganese: 0.38mg (19.16%), Magnesium: 75.92mg (18.98%), Potassium: 632.4mg (18.07%), Vitamin B1: 0.26mg (17.15%), Copper: 0.24mg (12.1%), Fiber: 2.67g (10.67%), Zinc: 1.51mg (10.09%), Folate: 39.51µg (9.88%), Iron: 1.32mg (7.32%), Vitamin B2: 0.12mg (7.04%), Vitamin B5: 0.62mg (6.22%), Calcium: 22.86mg (2.29%), Vitamin A: 83.64IU (1.67%), Vitamin C: 0.83mg (1.01%)