



Halibut with Grapefruit Beurre Blanc

 Vegetarian  Gluten Free

READY IN



1500 min.

SERVINGS



4

CALORIES



401 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 slices belgian endive 1-inch-thick trimmed
- ☐ 0.3 cup wine dry white
- ☐ 1 lb mushroom caps fresh thinly sliced
- ☐ 3 grapefruit white red (preferably 2 and 1 pink or)
- ☐ 1 shallots minced
- ☐ 1.3 sticks butter unsalted cut into tablespoon pieces ()
- ☐ 3 tablespoons vegetable oil
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

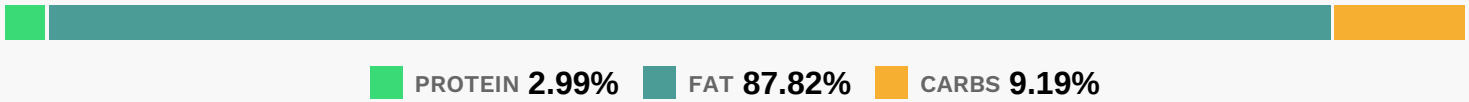
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Finely grate 1 teaspoon zest from a grapefruit. Squeeze 1/2 cup juice from a white grapefruit.
- ☐ Cut peel, including all white pith, from remaining fruit with a sharp paring knife and cut segments free from membranes. Chop enough grapefruit segments (use all colors) to measure 1/2 cup. Reserve 1 cup of remaining whole segments.
- ☐ Boil juice, wine, shallot, and vinegar in a small heavy saucepan until reduced to about 1 tablespoon. Reduce heat to low and whisk in butter 1 piece at a time, lifting pan from heat occasionally to cool sauce and adding each new piece of butter before previous one has melted completely (sauce must not get hot enough to separate).
- ☐ Stir in chopped grapefruit and season with salt and pepper. Keep beurre blanc warm in a metal bowl set over a saucepan of hot water.
- ☐ Preheat oven to 250°F. Pat halibut dry and season with salt and pepper.
- ☐ Heat 1 1/2 tablespoons oil in a large nonstick skillet over moderately high heat until hot but not smoking, then sauté fish, in batches if necessary, turning over once, until golden brown and just cooked through, about 5 minutes total.
- ☐ Transfer fish to a shallow baking pan and keep warm in oven.
- ☐ Wipe skillet clean and heat remaining 1 1/2 tablespoons oil over moderately high heat until hot but not smoking, then sauté mushrooms with salt and pepper to taste, stirring, until golden brown, 5 to 7 minutes.
- ☐ Add endives and sauté, stirring, until leaves are slightly wilted, about 1 minute. Stir in reserved whole grapefruit segments and remove from heat.

Serve fish over mushrooms, topped with beurre blanc and zest.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.89, Inflammation Score:-6, Nutrition Score:9.9395651428596%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 400.54kcal (20.03%), Fat: 39.41g (60.62%), Saturated Fat: 19.7g (123.1%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 6.22g (2.26%), Sugar: 3.41g (3.79%), Cholesterol: 75.92mg (25.31%), Sodium: 16.2mg (0.7%), Alcohol: 1.54g (100%), Alcohol %: 1.04% (100%), Protein: 3.02g (6.04%), Vitamin B3: 4.44mg (22.21%), Vitamin K: 21.34µg (20.32%), Vitamin B6: 0.36mg (18.15%), Vitamin A: 891.48IU (17.83%), Vitamin B5: 1.77mg (17.67%), Vitamin B2: 0.26mg (15.41%), Manganese: 0.3mg (15.11%), Phosphorus: 142.8mg (14.28%), Fiber: 3.06g (12.25%), Potassium: 389.72mg (11.13%), Vitamin E: 1.66mg (11.05%), Selenium: 6.91µg (9.87%), Copper: 0.17mg (8.7%), Zinc: 1.25mg (8.31%), Magnesium: 26.62mg (6.65%), Vitamin D: 0.98µg (6.56%), Folate: 18.36µg (4.59%), Iron: 0.63mg (3.47%), Vitamin B1: 0.02mg (1.59%), Calcium: 15.12mg (1.51%)