



HEALTH SCORE

66%

Halibut with Grilled Tomato and Olive Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce beefsteak tomatoes halved seeded
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 1 garlic clove minced
- ☐ 2 ounces olive green pitted coarsely chopped
- ☐ 24 ounce pacific halibut filets
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated

- ☐ 2.5 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.4 teaspoon salt divided
- ☐ 1.5 tablespoons shallots finely chopped

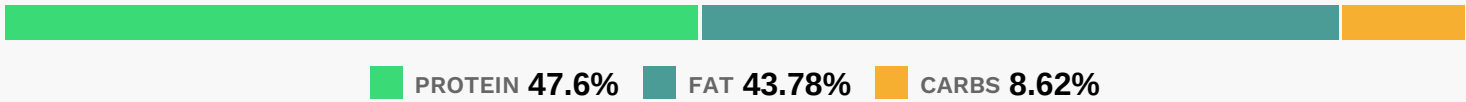
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Brush 1 1/2 teaspoons oil over cut sides of tomato; sprinkle evenly with 1/8 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Place tomato, cut sides down, on grill rack coated with cooking spray. Cover and grill 8 minutes. Cool slightly; peel and chop tomato.
- ☐ Combine tomato, 1/8 teaspoon salt, 1/8 teaspoon pepper, 1 tablespoon oil, basil, and next 6 ingredients (through garlic); toss gently.
- ☐ Brush fillets evenly with 1 tablespoon oil; sprinkle evenly with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Place fillets, flesh side down, on grill rack coated with cooking spray. Grill 5 minutes; turn and grill 3 minutes or until fish flakes when tested with a fork or until desired degree of doneness.
- ☐ Serve with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:1.15, Inflammation Score:-9, Nutrition Score:23.3739130186%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin:

0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 276.52kcal (13.83%), Fat: 13.43g (20.66%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 3.68g (1.34%), Sugar: 2.73g (3.03%), Cholesterol: 83.35mg (27.78%), Sodium: 560.25mg (24.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.85g (65.71%), Selenium: 77.92µg (111.31%), Vitamin B3: 11.7mg (58.49%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1.04mg (52.17%), Phosphorus: 428.79mg (42.88%), Vitamin B12: 1.87µg (31.18%), Potassium: 987.46mg (28.21%), Vitamin E: 3.54mg (23.61%), Vitamin K: 24.56µg (23.39%), Vitamin A: 953.96IU (19.08%), Vitamin C: 13.44mg (16.29%), Magnesium: 55.61mg (13.9%), Manganese: 0.25mg (12.28%), Folate: 38.98µg (9.75%), Fiber: 2.27g (9.07%), Vitamin B1: 0.13mg (8.44%), Vitamin B5: 0.7mg (6.98%), Iron: 1.2mg (6.66%), Copper: 0.13mg (6.38%), Zinc: 0.83mg (5.55%), Calcium: 54.04mg (5.4%), Vitamin B2: 0.08mg (4.59%)