



HEALTH SCORE

88%

Halibut with Herb Sauce



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons basil fresh chopped
- ☐ 3 tablespoons chives fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 36 ounce pacific halibut filets
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin

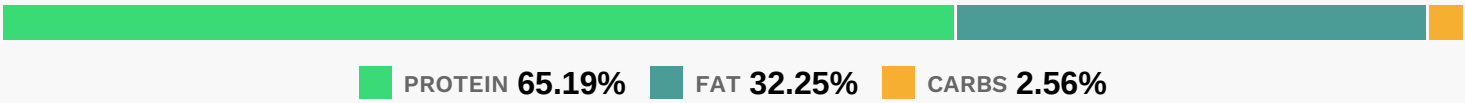
Equipment

- ☐ broiler

Directions

- ☐ Puree first 5 ingredients in processor. Season sauce to taste with salt and pepper.
- ☐ Preheat broiler.
- ☐ Brush fish with 2 tablespoons oil.
- ☐ Sprinkle with salt and pepper. Broil until just opaque in center, about 5 minutes per side.
- ☐ Transfer fish to plates. Spoon sauce over and serve.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:20.429130484229%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 200.74kcal (10.04%), Fat: 7g (10.77%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.43g (0.47%), Cholesterol: 83.35mg (27.78%), Sodium: 117.11mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.83g (63.66%), Selenium: 77.6µg (110.85%), Vitamin B3: 11.13mg (55.66%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.94mg (47.22%), Vitamin K: 42.95µg (40.91%), Phosphorus: 405.22mg (40.52%), Vitamin B12: 1.87µg (31.18%), Potassium: 773.89mg (22.11%), Vitamin E: 1.76mg (11.72%), Vitamin C: 9.52mg (11.54%), Magnesium: 42.29mg (10.57%), Vitamin A: 401.39IU (8.03%), Folate: 28.71µg (7.18%), Vitamin B5: 0.62mg (6.18%), Vitamin B1: 0.09mg (6.13%), Zinc: 0.66mg (4.38%), Vitamin B2: 0.06mg (3.4%), Iron: 0.49mg (2.72%), Copper: 0.05mg (2.54%), Manganese: 0.04mg (2.04%), Calcium: 18.76mg (1.88%)