



Halibut with Lemon Butter

 Gluten Free  Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter softened
- 1 green onion minced
- 24 oz pacific halibut filets
- 0.5 teaspoon penzey's southwest seasoning dried italian
- 2 teaspoons juice of lemon fresh
- 0.5 teaspoon lemon pepper
- 0.5 teaspoon lemon rind grated
- 0.5 teaspoon salt

Equipment

- bowl
- grill

Directions

- Preheat grill to medium-high (350 to 400).
- Combine first 6 ingredients in a small bowl, stirring until well blended. Set lemon butter aside.
- Coat fish with cooking spray, and sprinkle with lemon pepper.
- Place fillets on grill rack; grill, covered with grill lid, over medium-high heat 4 to 5 minutes on each side or until fish flakes with a fork.
- Serve with Lemon Butter.
- Side Dish Note: Red, yellow, or orange bell peppers are sweeter than their green counterparts and much more appealing for younger palates.
- Cut them into quarters, and grill them alongside the fish at the same temperature and for the same amount of time. The results will be a juicy, tender, and lightly charred side dish.
- MENU IDEA FOR 4 * Halibut with Lemon Butter * Yellow rice * Grilled red bell peppers
- GROCERIES NEEDED Check staples: butter, dried Italian seasoning, salt, vegetable cooking spray, lemon pepper * 1 bunch green onions * 1 lemon * 4 (6-oz.) halibut fillets * 1 (10-oz.) package yellow rice * 2 large red bell peppers

Nutrition Facts

  
PROTEIN 44.17% **FAT 54.54%** **CARBS 1.29%**

Properties

Glycemic Index:29.75, Glycemic Load:0.08, Inflammation Score:-7, Nutrition Score:18.967826081359%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 293.72kcal (14.69%), Fat: 17.52g (26.96%), Saturated Fat: 3.67g (22.91%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.16g (0.17%), Cholesterol: 83.35mg (27.78%), Sodium: 585.37mg (25.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.85%), Selenium: 77.61µg (110.87%), Vitamin B3: 11.11mg (55.56%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.94mg (47.03%), Phosphorus: 407.89mg (40.79%), Vitamin B12: 1.89µg (31.5%), Potassium: 765.66mg (21.88%), Vitamin A: 826.42IU (16.53%), Vitamin E: 1.69mg (11.29%), Magnesium: 41.59mg (10.4%), Vitamin K: 8.17µg (7.78%), Vitamin B5: 0.61mg (6.11%), Vitamin B1: 0.09mg (6%), Folate: 23.69µg (5.92%), Zinc: 0.64mg (4.24%), Vitamin B2: 0.06mg (3.69%), Manganese: 0.07mg (3.45%), Calcium: 25.51mg (2.55%), Iron: 0.44mg (2.44%), Copper: 0.05mg (2.37%), Vitamin C: 1.9mg (2.3%), Fiber: 0.28g (1.13%)