



## Halibut with Lemon-Butter and Crispy Shallots

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 large cloves garlic smashed
- 0.5 cup grapeseed oil
- 4 fillet halibut
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 2 tablespoons juice of lemon fresh
- 4 servings lemon wedges for garnish

- 1 lemon zest
- 0.3 cup olive oil extra-virgin
- 2 large shallots separated cut into rounds, into rings
- 0.5 stick butter unsalted at room temperature

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- spatula
- slotted spoon

## Directions

- Watch how to make this recipe.
- Whisk together the lemon juice, salt, pepper, lemon zest and butter in a deep medium bowl until well blended (mixture will be like a thick sauce). Set aside until ready to use.
- Combine the olive oil, lemon juice, garlic, salt, pepper and garlic in an 8-by-8-by-2-inch glass dish.
- Whisk the marinade to blend.
- Add the halibut and turn several times to coat evenly.
- Let stand 15 to 20 minutes.
- Combine the grapeseed oil and shallots in a medium heavy saucepan over medium-high heat. Cook, stirring often, until the oil heats up and the shallots turn golden brown, 5 to 7 minutes.
- Transfer the shallots with a slotted spoon to several layers of paper towels to drain and crisp.
- Sprinkle with salt and pepper just before using.
- Heat a large dry nonstick skillet over medium-high heat. Lift the halibut from the marinade, letting the excess drain off.

- Add the halibut to the hot skillet and sear 3 minutes. Turn the fish over using a flexible metal spatula. Sear until still slightly pink in the center, about 3 minutes longer, depending on thickness.
- Transfer the halibut to plates. Top with a generous dollop of lemon-butter and pile the shallots alongside or scatter around the fish.
- Garnish with the lemon wedges and serve.

## Nutrition Facts



### Properties

Glycemic Index:55.38, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:35.236956461616%

### Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

### Nutrients (% of daily need)

Calories: 655.09kcal (32.75%), Fat: 35.89g (55.22%), Saturated Fat: 10.84g (67.77%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 3.11g (1.13%), Sugar: 1.38g (1.53%), Cholesterol: 230.29mg (76.76%), Sodium: 426.61mg (18.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.5g (153%), Selenium: 186.58µg (266.55%), Vitamin B3: 26.62mg (133.1%), Vitamin D: 19.39µg (129.25%), Vitamin B6: 2.31mg (115.35%), Phosphorus: 977.5mg (97.75%), Vitamin B12: 4.51µg (75.2%), Potassium: 1843.15mg (52.66%), Vitamin E: 6.36mg (42.4%), Magnesium: 98.32mg (24.58%), Vitamin B5: 1.48mg (14.83%), Vitamin B1: 0.22mg (14.62%), Folate: 56.26µg (14.06%), Vitamin A: 629.31IU (12.59%), Zinc: 1.56mg (10.4%), Vitamin C: 8.29mg (10.04%), Vitamin K: 9.45µg (9%), Vitamin B2: 0.13mg (7.92%), Manganese: 0.13mg (6.25%), Copper: 0.12mg (5.85%), Iron: 0.95mg (5.26%), Calcium: 43.01mg (4.3%), Fiber: 0.68g (2.74%)