



HEALTH SCORE

100%

Halibut with Lentils and Mustard Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 0.5 pound green lentils rinsed
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tarragon fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 24 ounce halibut fillet
- ☐ 4 servings kosher salt and pepper black
- ☐ 2.5 cups chicken broth low-sodium

- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 1 medium sweet potatoes and into peeled cut into 1/4-inch pieces

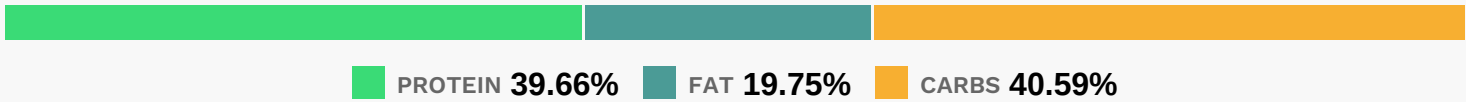
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat 1 tablespoon of the oil in a large saucepan over medium heat.
- ☐ Add the onion and cook, stirring occasionally, until softened, 5 to 6 minutes.
- ☐ Add the garlic and sweet potato and cook, stirring, for 1 minute.
- ☐ Add the broth and lentils and simmer, covered, until the lentils are tender, 20 to 25 minutes. Season with 1/2 teaspoon each salt and pepper. Meanwhile, heat the remaining tablespoon of oil in a large skillet over medium-high heat. Season the fish with 1/4 teaspoon each salt and pepper. Cook until opaque throughout, 3 to 5 minutes per side. In a bowl, whisk together the mustard, wine, and tarragon.
- ☐ Drizzle over the fish and lentils. Tip: Tossed with the mustard sauce, the lentils make a delicious side dish for sausage, pork, or lamb.

Nutrition Facts



Properties

Glycemic Index:76.65, Glycemic Load:10.83, Inflammation Score:-10, Nutrition Score:44.307391042295%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg 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: 0.06mg,

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 528.77kcal (26.44%), Fat: 11.37g (17.49%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 52.54g (17.51%), Net Carbohydrates: 32.2g (11.71%), Sugar: 5.67g (6.3%), Cholesterol: 83.35mg (27.78%), Sodium: 562.17mg (24.44%), Alcohol: 1.54g (100%), Alcohol %: 0.39% (100%), Protein: 51.34g (102.68%), Vitamin A: 8174.17IU (163.48%), Selenium: 88.33µg (126.18%), Fiber: 20.34g (81.38%), Folate: 307.31µg (76.83%), Phosphorus: 761.41mg (76.14%), Vitamin B3: 15.07mg (75.33%), Vitamin B6: 1.46mg (72.95%), Manganese: 1.09mg (54.74%), Vitamin D: 7.99µg (53.3%), Potassium: 1701.07mg (48.6%), Vitamin B1: 0.68mg (45.01%), Magnesium: 137.86mg (34.47%), Vitamin B12: 2.02µg (33.64%), Iron: 5.72mg (31.75%), Copper: 0.53mg (26.35%), Zinc: 3.85mg (25.66%), Vitamin B5: 2.36mg (23.57%), Vitamin E: 2.53mg (16.89%), Vitamin B2: 0.28mg (16.3%), Calcium: 92.04mg (9.2%), Vitamin C: 7.28mg (8.83%), Vitamin K: 8.53µg (8.13%)