



Halibut with Mustard-Caper Sauce



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon capers
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 teaspoon garlic minced
- ☐ 24 ounce pacific halibut filets
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons olive oil

☐ 0.5 cup shallots minced 3 large

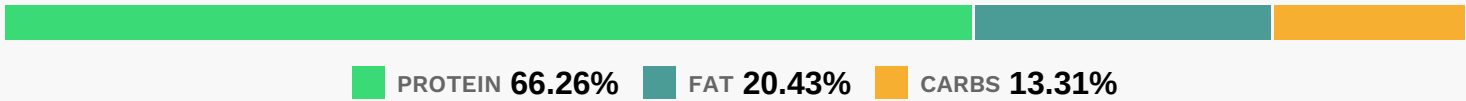
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat; add oil.
- ☐ Add shallots and garlic; saut 3 to 5 minutes or until tender.
- ☐ Add wine, broth, and lemon juice; bring to a boil.
- ☐ Add fish; cover, reduce heat, and simmer, 12 to 14 minutes or until fish flakes easily when tested with a fork.
- ☐ Remove fish; set aside and keep warm.
- ☐ Bring liquid to a boil; cook, uncovered, 3 minutes or until liquid reduces to 3/4 cup. Stir in mustard and capers. Spoon sauce over fish, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:1.41, Inflammation Score:-5, Nutrition Score:19.754782790723%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 224.19kcal (11.21%), Fat: 4.5g (6.92%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 5.39g (1.96%), Sugar: 2.82g (3.13%), Cholesterol: 83.35mg (27.78%), Sodium: 333.6mg (14.5%), Alcohol: 3.09g (100%), Alcohol %: 1.45% (100%), Protein: 32.82g (65.64%), Selenium: 79.98µg (114.26%), Vitamin B3: 11.37mg (56.83%), Vitamin B6: 1.07mg (53.36%), Vitamin D: 7.99µg (53.3%), Phosphorus: 433.39mg (43.34%),

Vitamin B12: 1.93µg (32.13%), Potassium: 881.83mg (25.2%), Magnesium: 51.49mg (12.87%), Vitamin E: 1.37mg (9.16%), Manganese: 0.17mg (8.67%), Folate: 32.55µg (8.14%), Vitamin B1: 0.12mg (7.74%), Vitamin B5: 0.74mg (7.38%), Zinc: 0.81mg (5.42%), Vitamin C: 4.15mg (5.03%), Iron: 0.87mg (4.82%), Fiber: 1.2g (4.79%), Vitamin B2: 0.07mg (4.36%), Copper: 0.08mg (4.24%), Calcium: 31.45mg (3.14%), Vitamin A: 120.86IU (2.42%), Vitamin K: 2.12µg (2.02%)