



HEALTH SCORE

84%

Halibut with Olive and Bell Pepper Couscous



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 garlic cloves minced
- ☐ 24 ounce pacific halibut filets skinless
- ☐ 0.5 cup israeli couscous uncooked
- ☐ 2 tablespoons kalamata olives pitted quartered
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 lemons cut into 1/8-inch-thick slices
- ☐ 0.8 cup lower-sodium chicken broth fat-free

- ☐ 2 teaspoons olive oil divided
- ☐ 4 teaspoons torn oregano fresh
- ☐ 0.5 cup bell pepper diced red

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Heat a medium saucepan over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add bell pepper and garlic; cook 1 minute, stirring occasionally.
- ☐ Add couscous; cook 1 minute or until lightly browned.
- ☐ Add broth; bring to a boil. Cover and simmer 7 minutes or until liquid evaporates. Stir in olives, 1/4 teaspoon salt, and 1/4 teaspoon black pepper.
- ☐ Sprinkle halibut evenly with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon black pepper.
- ☐ Heat a large ovenproof skillet over medium-high heat.
- ☐ Add remaining 1 teaspoon oil to pan; swirl to coat.
- ☐ Add fillets to pan; cook 3 minutes.
- ☐ Remove pan from heat; turn fillets over. Arrange torn oregano and lemon slices evenly over fillets.
- ☐ Place pan in oven. Broil 5 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve fish with couscous.

Nutrition Facts



 **PROTEIN 49.56%**  **FAT 16.4%**  **CARBS 34.04%**

Properties

Glycemic Index:59.88, Glycemic Load:11.39, Inflammation Score:-10, Nutrition Score:26.187391322592%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 290.12kcal (14.51%), Fat: 5.33g (8.2%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 20.85g (7.58%), Sugar: 2.25g (2.5%), Cholesterol: 83.35mg (27.78%), Sodium: 556.06mg (24.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.24g (72.48%), Selenium: 78.15µg (111.64%), Vitamin C: 52.97mg (64.21%), Vitamin B3: 12.17mg (60.86%), Vitamin B6: 1.09mg (54.72%), Vitamin D: 7.99µg (53.3%), Phosphorus: 457.06mg (45.71%), Vitamin B12: 1.87µg (31.18%), Potassium: 1015.52mg (29.01%), Manganese: 0.38mg (19%), Fiber: 4.05g (16.19%), Magnesium: 61.73mg (15.43%), Vitamin A: 760.24IU (15.2%), Vitamin E: 2.22mg (14.82%), Vitamin K: 15.04µg (14.33%), Folate: 44.14µg (11.04%), Vitamin B1: 0.16mg (10.61%), Vitamin B5: 1.04mg (10.43%), Iron: 1.73mg (9.59%), Calcium: 70.42mg (7.04%), Copper: 0.14mg (7.03%), Vitamin B2: 0.11mg (6.31%), Zinc: 0.95mg (6.3%)