

Halibut with Olive Tarragon Bread Crumbs on Roasted Tomato and Garlic Coulis





ANTIPASTI

STARTER

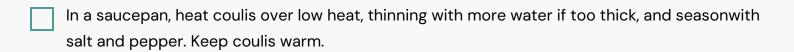
SNACK

APPETIZER

Ingredients

4 large garlic clove unpeeled
0.5 teaspoon balsamic vinegar to taste
0.8 pound plum tomatoes cut into 1/4-inch-thick slices (6)
1 tablespoon olive oil extra virgin extra-virgin for brushing pan
0.3 cup water for thinning coulis
1 tablespoon mayonnaise
0.5 teaspoon diion mustard

	2 fish fillet (each 6 ounces)
	2 tablespoons olives black pitted chopped (5)
	0.5 cup breadcrumbs fresh (from 1 slice)
	1 tablespoon tarragon fresh finely chopped
Εq	uipment
	bowl
	frying pan
	sauce pan
	oven
	knife
	blender
	baking pan
	aluminum foil
Di	rections
	Preheat oven to 450°F.
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	Preheat oven to 450°F. In a small bowl, combine bread crumb ingredients. Bread crumbs may be made 1 day ahead and chilled, covered. In a small bowl stir together mayonnaise and mustard. Arrange fish in a lightly oiled shallow baking pan and season with salt and pepper. Spread mayonnaise mixture evenly on top of fillets and pat bread crumbs evenly on top. Roast fillets in middle of oven until just cooked through, 7 to 10 minutes.



Nutrition Facts



Properties

Glycemic Index:135, Glycemic Load:3.48, Inflammation Score:-8, Nutrition Score:15.55347826429%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 280.43kcal (14.02%), Fat: 15.57g (23.96%), Saturated Fat: 2.4g (15%), Carbohydrates: 30.42g (10.14%), Net Carbohydrates: 26.46g (9.62%), Sugar: 6.5g (7.22%), Cholesterol: 3.44mg (1.15%), Sodium: 394.76mg (17.16%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.69g (13.38%), Manganese: 0.83mg (41.45%), Vitamin C: 26.93mg (32.64%), Vitamin A: 1601.33IU (32.03%), Vitamin K: 31.09µg (29.61%), Vitamin B1: 0.35mg (23.33%), Iron: 3.12mg (17.35%), Potassium: 596.94mg (17.06%), Vitamin B6: 0.33mg (16.65%), Vitamin E: 2.5mg (16.64%), Folate: 65.09µg (16.27%), Vitamin B3: 3.22mg (16.11%), Fiber: 3.96g (15.84%), Selenium: 8.89µg (12.69%), Calcium: 124.05mg (12.4%), Vitamin B2: 0.2mg (11.64%), Magnesium: 46.23mg (11.56%), Copper: 0.23mg (11.43%), Phosphorus: 110.59mg (11.06%), Zinc: 0.92mg (6.1%), Vitamin B5: 0.36mg (3.59%), Vitamin B12: 0.12µg (1.98%)