



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

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



280 kcal

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 dijon 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

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- blender
- baking pan
- aluminum foil

Directions

- 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.
- Serve fillets on top of coulis.
- Lightly brush a shallow baking pan with additional oil and in it arrange tomatoes in one layer.
- Brush tomatoes with remaining tablespoon oil and season with salt and pepper. Wrap garlic tightly in foil and roast tomatoes and garlic in pan in middle of oven about 20 minutes, or until tomatoes are lightly browned and garlic is tender when pierced with a knife. Peel garlic and in a blender purée with tomatoes and vinegar until smooth, adding some water if coulis is too thick. Season coulis with salt and pepper. Coulis may be made 1 day ahead and chilled, covered.

In a saucepan, heat coulis over low heat, thinning with more water if too thick, and season with salt and pepper. Keep coulis warm.

Nutrition Facts

PROTEIN 9.27% **FAT 48.57%** **CARBS 42.16%**

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 Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg 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: 0g (100%), Alcohol %: 0% (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%)