



Halibut with Raw Puttanesca Salsa



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons anchovy paste
- ☐ 0.5 cup olives black pitted chopped
- ☐ 3 tablespoons capers
- ☐ 1 pint cherry tomatoes halved quartered
- ☐ 4 inch top thick
- ☐ 0.5 cup flat-leaf parsley coarsely chopped
- ☐ 2 cloves garlic grated
- ☐ 24 ounce pacific halibut filets

- ☐ 1 lemon zest juiced
- ☐ 4 servings olive oil extra-virgin for liberal drizzling plus 1/4 cup
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 4 servings salt and pepper black freshly ground

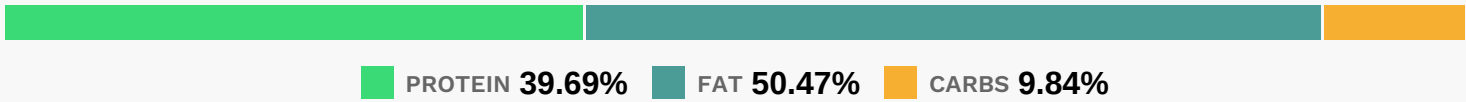
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat grill pan or outdoor grill to medium-high to high heat.
- ☐ Coat the fish in extra-virgin olive oil and season with salt and pepper. Cook fish for about 3 to 4 minutes on each side until firm, cooked through and evenly marked. Char bread on the grill 1 minute on each side.
- ☐ While fish cooks, in the bottom of a medium bowl, combine anchovy paste, grated garlic, red pepper flakes, zest and lemon juice and whisk in 1/4 cup extra-virgin olive oil.
- ☐ Add capers, olives, parsley and tomatoes. Toss and season with black pepper, to taste.
- ☐ Serve bread topped with lots of salsa and fish.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:1.24, Inflammation Score:-9, Nutrition Score:30.357825901197%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 8.01mg, Kaempferol: 8.01mg, Kaempferol: 8.01mg, Kaempferol: 8.01mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg

Nutrients (% of daily need)

Calories: 344.62kcal (17.23%), Fat: 19.45g (29.93%), Saturated Fat: 2.89g (18.07%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 6.26g (2.28%), Sugar: 3.36g (3.73%), Cholesterol: 85.26mg (28.42%), Sodium: 668.98mg (29.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.42g (68.84%), Vitamin K: 137.46µg (130.91%), Selenium: 80.98µg (115.68%), Vitamin B3: 12.53mg (62.63%), Vitamin B6: 1.08mg (53.91%), Vitamin D: 8.03µg (53.55%), Vitamin C: 39.61mg (48.01%), Phosphorus: 452.65mg (45.26%), Vitamin E: 4.74mg (31.63%), Vitamin B12: 1.89µg (31.51%), Vitamin A: 1549.4IU (30.99%), Potassium: 1083.69mg (30.96%), Magnesium: 61.24mg (15.31%), Folate: 52.89µg (13.22%), Iron: 2.14mg (11.89%), Manganese: 0.22mg (11.07%), Vitamin B1: 0.16mg (10.92%), Copper: 0.21mg (10.27%), Fiber: 2.27g (9.08%), Vitamin B5: 0.82mg (8.2%), Vitamin B2: 0.12mg (7.1%), Zinc: 1.01mg (6.73%), Calcium: 59.94mg (5.99%)