



Halibut with Roasted Beets, Beet Greens, and Dill-Orange Gremolata



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 24 ounce mahi-mahi fillets ()
- ☐ 5 tablespoons olive oil divided
- ☐ 1 tablespoon orange peel finely grated
- ☐ 0.5 cup shallots thinly sliced

Equipment

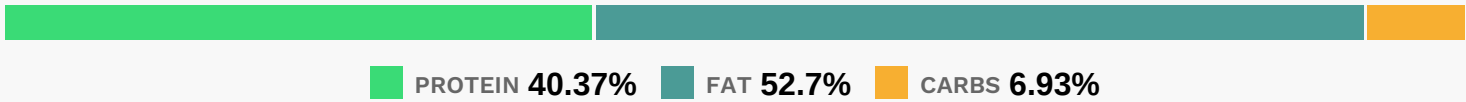
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Preheat oven to 450°F.
- ☐ Brush large rimmed baking sheet with 1 tablespoon oil.
- ☐ Mix dill and peel in small bowl for gremolata.
- ☐ Place beets in medium glass bowl; add enough water to cover beets halfway. Cover with plastic wrap and microwave on high until just tender, 8 to 10 minutes. Uncover and drain. Cool beets slightly. Peel and cut into 1/4- to 1/3-inch-thick slices. Return beets to same bowl.
- ☐ Add 1 tablespoon oil, 1 tablespoon gremolata, and shallots.
- ☐ Sprinkle with salt and pepper; toss well. Toss beet greens in another medium bowl with 1 tablespoon oil; sprinkle with salt and pepper.
- ☐ Spread beet slices in single layer on half of prepared baking sheet. Mound beet greens on other half of baking sheet.
- ☐ Sprinkle fish with salt and pepper; place fish fillets atop beet greens.
- ☐ Brush fish with remaining 2 tablespoons oil.
- ☐ Sprinkle fish with 2 tablespoons gremolata.
- ☐ Roast fish and vegetables until fish is just opaque in center, about 8 minutes. Divide fish and vegetables among plates.
- ☐ Sprinkle with remaining gremolata and serve.
- ☐ One serving contains the following: Calories (kcal) 491.93; % Calories from Fat 72.1; Fat (g) 39.43; Saturated Fat (g) 6.40; Cholesterol (mg) 84.30; Carbohydrates (g) 5.42; Dietary Fiber (g) 1.72; Total Sugars (g) 0.83; Net Carbs (g) 3.70; Protein (g) 27.70
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:1.23, Inflammation Score:-6, Nutrition Score:16.650869732318%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 323.29kcal (16.16%), Fat: 18.76g (28.86%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 4.38g (1.59%), Sugar: 2.33g (2.59%), Cholesterol: 124.17mg (41.39%), Sodium: 155.42mg (6.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.33g (64.66%), Selenium: 62.46µg (89.22%), Vitamin B3: 10.49mg (52.47%), Vitamin B6: 0.79mg (39.52%), Phosphorus: 263.24mg (26.32%), Potassium: 831.41mg (23.75%), Vitamin B12: 1.02µg (17.01%), Vitamin E: 2.54mg (16.9%), Magnesium: 59.19mg (14.8%), Iron: 2.58mg (14.34%), Vitamin B5: 1.38mg (13.81%), Vitamin A: 540.37IU (10.81%), Vitamin K: 10.77µg (10.26%), Vitamin C: 6.9mg (8.37%), Vitamin B2: 0.14mg (7.94%), Manganese: 0.15mg (7.45%), Zinc: 0.93mg (6.21%), Folate: 23.42µg (5.85%), Copper: 0.1mg (5.07%), Fiber: 1.17g (4.67%), Calcium: 45.16mg (4.52%), Vitamin B1: 0.06mg (3.68%)