



Halibut with Smoky Orange Vinaigrette



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce fish fillets such as halibut firm
- ☐ 1 tablespoon flat-leaf parsley fresh minced
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons olive oil
- ☐ 1 tablespoon orange juice
- ☐ 2 tablespoons orange marmalade
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt divided

- ☐ 0.5 teaspoon paprika smoked divided
- ☐ 1 tablespoon citrus champagne vinegar

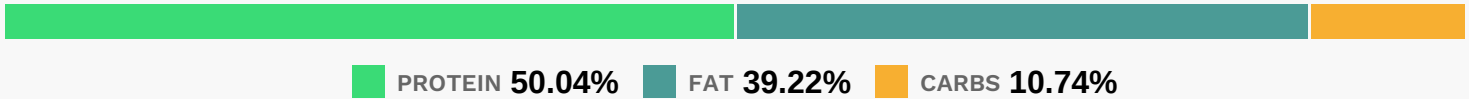
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients, 1/8 teaspoon salt, and 1/4 teaspoon paprika in a medium bowl. Set aside.
- ☐ Brush fish on both sides with olive oil, and sprinkle with pepper and remaining salt and paprika.
- ☐ Heat nonstick or cast iron skillet over medium-high heat; add fish, and cook 4 minutes on each side or until fish flakes easily with a fork.
- ☐ Drizzle reserved vinaigrette over cooked fish.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:16.863043575183%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 271.46kcal (13.57%), Fat: 11.94g (18.38%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 7.13g (2.59%), Sugar: 6.39g (7.1%), Cholesterol: 85.05mg (28.35%), Sodium: 386.01mg (16.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.29g (68.59%), Selenium: 71.19µg (101.7%), Vitamin B12: 2.69µg

(44.79%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.7mg (33.5%), Phosphorus: 292.15mg (29.22%), Vitamin K: 24.61µg (23.44%), Potassium: 540.41mg (15.44%), Vitamin B6: 0.29mg (14.29%), Vitamin E: 2.07mg (13.77%), Magnesium: 47.91mg (11.98%), Folate: 44.66µg (11.17%), Vitamin B5: 0.85mg (8.5%), Copper: 0.14mg (7.2%), Vitamin B2: 0.12mg (6.78%), Iron: 1.17mg (6.52%), Vitamin B1: 0.08mg (5.06%), Vitamin C: 3.96mg (4.8%), Manganese: 0.09mg (4.48%), Vitamin A: 222.76IU (4.46%), Zinc: 0.59mg (3.95%), Calcium: 24.28mg (2.43%)