



Halibut with Spring Onion and Summer Squash Saute



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce pacific halibut filets skinless
- ☐ 4 servings pepper black freshly ground
- ☐ 4 tablespoons olive oil divided ()
- ☐ 8 large spring onion separated
- ☐ 1.5 pounds summer squash assorted cut into 1" pieces
- ☐ 1 tablespoon thyme leaves

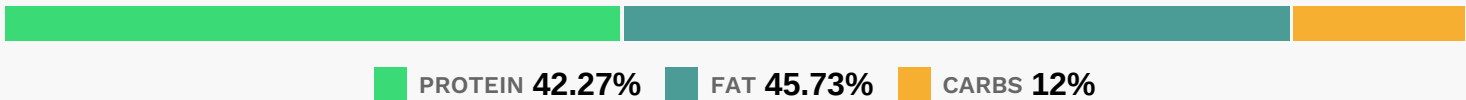
Equipment

☐ frying pan

Directions

- ☐ Cut onion bulbs in half lengthwise (quarter if large).
- ☐ Cut enough onion tops into 2" lengths to measure 1 cup.
- ☐ Heat 1 tablespoon oil in a large skillet over medium-high heat until almost smoking.
- ☐ Add onion bulbs, cut side down; cook until golden, about 3 minutes.
- ☐ Transfer to a plate.
- ☐ Heat 1 tablespoon oil in same skillet.
- ☐ Add squash; cook, stirring occasionally, until golden brown and just tender, about 5 minutes. Stir in onion bulbs, 1 cup onion tops, and 1 tablespoon thyme leaves; season with salt and pepper and cook until onion tops wilt, about 1 minute longer.
- ☐ Remove from heat; set squash mixture aside.
- ☐ Heat remaining 2 tablespoons oil in a large nonstick or cast-iron skillet over medium-high heat. Season halibut with salt.
- ☐ Add fish and thyme sprigs to skillet and cook until fish is golden brown, about 5 minutes. Turn fish and cook until just cooked through and opaque in the center, about 2 minutes longer. Divide onion-squash sauté among plates; top with halibut.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:2.08, Inflammation Score:-10, Nutrition Score:32.785652036252%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

Nutrients (% of daily need)

Calories: 323.78kcal (16.19%), Fat: 16.7g (25.69%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 6.42g (2.33%), Sugar: 4.91g (5.45%), Cholesterol: 83.35mg (27.78%), Sodium: 127.53mg (5.54%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.72g (69.44%), Selenium: 78.21µg (111.73%), Vitamin K: 117.19µg (111.61%), Vitamin B6: 1.34mg (66.99%), Vitamin B3: 12.2mg (60.99%), Vitamin D: 7.99µg (53.3%), Vitamin C: 41.12mg (49.84%), Phosphorus: 486.58mg (48.66%), Potassium: 1335.7mg (38.16%), Vitamin B12: 1.87µg (31.18%), Folate: 102.54µg (25.64%), Vitamin E: 3.53mg (23.56%), Manganese: 0.44mg (21.96%), Vitamin A: 1036.35IU (20.73%), Magnesium: 81.01mg (20.25%), Vitamin B2: 0.34mg (20.06%), Fiber: 3.44g (13.77%), Vitamin B1: 0.2mg (13.01%), Iron: 2mg (11.12%), Vitamin B5: 0.89mg (8.93%), Copper: 0.18mg (8.92%), Zinc: 1.33mg (8.89%), Calcium: 81.09mg (8.11%)