



HEALTH SCORE

100%

## Halibut with Tuscan Beans and Endive



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 15 ounce .5 can cannellini beans drained and rinsed canned
- 2 heads endive quartered
- 1 handful parsley fresh
- 1 clove garlic roughly chopped
- 24 ounce pacific halibut filets with skin
- 4 servings kosher salt and pepper freshly ground
- 1 cup chicken broth low-sodium
- 4 tablespoons olive oil extra-virgin

- 1 small onion red thinly sliced
- 0.5 cup roasted peppers prepared drained roughly chopped
- 1 small sprig rosemary chopped
- 1 teaspoon sugar

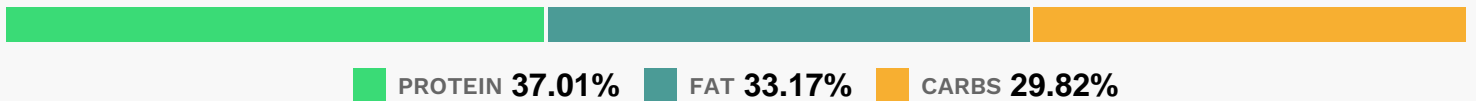
## Equipment

- bowl
- frying pan

## Directions

- Heat 2 tablespoons olive oil in a medium skillet over medium heat.
- Add the endive quarters, sprinkle with sugar and cook, tossing a couple of times, until lightly browned, about 2 minutes.
- Add the red onion, peppers and garlic and cook until the endive is wilted, about 2 more minutes. Raise the heat to high, add the beans, broth and rosemary and continue cooking, mashing some of the beans with a spoon to thicken the sauce slightly, 2 to 3 minutes.
- Meanwhile, heat the remaining 2 tablespoons oil in a large skillet over medium-high heat. Season the halibut fillets with salt and pepper; place skin-side up in the pan and cook until golden, about 4 minutes. Turn and cook until firm but still translucent in the center, 4 more minutes.
- Place the halibut fillets in 4 shallow bowls and spoon the beans and endive on top.
- Garnish with parsley. Photograph by Antonis Achiellos

## Nutrition Facts



## Properties

Glycemic Index:88.77, Glycemic Load:7.01, Inflammation Score:-10, Nutrition Score:49.310869299847%

## Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

Kaempferol: 22.92mg, Kaempferol: 22.92mg, Kaempferol: 22.92mg, Kaempferol: 22.92mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

## **Nutrients (% of daily need)**

Calories: 466.99kcal (23.35%), Fat: 17.47g (26.88%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 22.54g (8.2%), Sugar: 3.13g (3.48%), Cholesterol: 83.35mg (27.78%), Sodium: 623.64mg (27.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.87g (87.74%), Vitamin K: 547.78µg (521.7%), Selenium: 80.02µg (114.31%), Folate: 418.66µg (104.66%), Vitamin A: 5166.35IU (103.33%), Manganese: 1.59mg (79.49%), Vitamin B3: 13.05mg (65.24%), Phosphorus: 592.09mg (59.21%), Potassium: 2054.5mg (58.7%), Vitamin B6: 1.14mg (56.88%), Vitamin D: 7.99µg (53.3%), Fiber: 12.81g (51.26%), Magnesium: 133.1mg (33.28%), Vitamin E: 4.9mg (32.65%), Iron: 5.8mg (32.24%), Vitamin B12: 1.93µg (32.17%), Vitamin C: 26.38mg (31.97%), Copper: 0.58mg (28.81%), Vitamin B5: 2.85mg (28.54%), Vitamin B1: 0.39mg (25.77%), Zinc: 3.74mg (24.92%), Calcium: 225.7mg (22.57%), Vitamin B2: 0.29mg (17.15%)