



WHATSheATE



HEALTH SCORE

87%

Halibut with White Beans in Tomato-Rosemary Broth



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 16 ounce cannellini beans beans white rinsed drained canned
- ☐ 0.5 cup cooking wine dry white
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 24 ounce pacific halibut filets

- ☐ 1 tablespoon olive oil
- ☐ 2 cups plum tomatoes chopped (4)
- ☐ 0.3 teaspoon salt

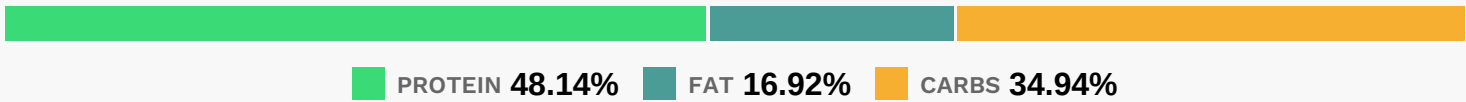
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle fish evenly with salt and pepper.
- ☐ Add fish to pan; cook 5 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Remove fish from pan; keep warm.
- ☐ Add garlic to pan; cook 30 seconds, stirring constantly. Stir in tomato, broth, wine, and beans; bring to a boil. Reduce heat, and simmer 5 minutes.
- ☐ Remove from heat; stir in rosemary.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:7.25, Inflammation Score:-8, Nutrition Score:31.086956272955%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 366.87kcal (18.34%), Fat: 6.48g (9.98%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 23.19g (8.43%), Sugar: 3.87g (4.3%), Cholesterol: 83.35mg (27.78%), Sodium: 622.61mg (27.07%), Alcohol: 3.09g (100%), Alcohol %: 0.75% (100%), Protein: 41.5g (83%), Selenium: 81.5µg (116.43%), Vitamin B3: 12.42mg (62.12%), Vitamin B6: 1.16mg (57.89%), Phosphorus: 550.28mg (55.03%), Vitamin D: 7.99µg (53.3%), Potassium: 1589.77mg (45.42%), Manganese: 0.82mg (41.18%), Vitamin B12: 2.04µg (34.02%), Magnesium: 114.42mg (28.61%), Folate: 113.1µg (28.27%), Fiber: 6.93g (27.71%), Iron: 4.24mg (23.56%), Vitamin A: 1100.54IU (22.01%), Vitamin E: 3.08mg (20.52%), Vitamin C: 16.68mg (20.21%), Copper: 0.4mg (19.78%), Vitamin B1: 0.25mg (16.55%), Zinc: 2.16mg (14.37%), Vitamin K: 15.09µg (14.37%), Calcium: 116.06mg (11.61%), Vitamin B5: 1.02mg (10.25%), Vitamin B2: 0.14mg (8.22%)