



Halibut with Zahtar and Mint Couscous

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup cherries dried sour
- ☐ 1 cup couscous
- ☐ 1 cup cucumber english finely chopped
- ☐ 1.5 cups fat-skimmed chicken broth
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 tablespoon ground cumin
- ☐ 6 tablespoons juice of lemon
- ☐ 3 tablespoons olive oil

- ☐ 1 tablespoon oregano dried
- ☐ 1.5 teaspoons paprika
- ☐ 4 servings salt
- ☐ 1.5 pounds boned thick (1 in.)

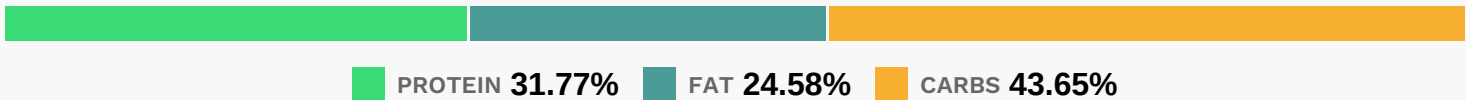
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ In a blender or food processor, combine dried cherries, oregano, cumin, paprika, oil, and lemon juice. Whirl until pureed, scraping container sides as necessary.
- ☐ Add salt to taste.
- ☐ In a 1 1/2- to 2-quart pan, combine couscous and broth. Bring to a boil over high heat, cover, remove pan from heat, and let stand until liquid is absorbed, about 5 minutes. Keep warm.
- ☐ Meanwhile, rinse halibut, pat dry, and coat with cherry mixture. Set each piece of halibut on a slightly larger piece of foil.
- ☐ Cut foil to fit fish.
- ☐ Set foil with fish on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds). Cover barbecue with lid (open vents for charcoal), and cook until fish is opaque but moist-looking in thickest part (cut to test), 8 to 10 minutes.
- ☐ Stir chopped cucumber and chopped mint into couscous; spoon onto plates.
- ☐ Cut grilled halibut into equal portions and set onto couscous. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:20.43, Inflammation Score:-9, Nutrition Score:27.225652031277%

Flavonoids

Eriodictyol: 1.97mg, Eriodictyol: 1.97mg, Eriodictyol: 1.97mg, Eriodictyol: 1.97mg Hesperetin: 3.54mg, Hesperetin: 3.54mg, Hesperetin: 3.54mg, Hesperetin: 3.54mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 507.78kcal (25.39%), Fat: 13.78g (21.2%), Saturated Fat: 2.08g (13%), Carbohydrates: 55.03g (18.34%), Net Carbohydrates: 49.36g (17.95%), Sugar: 13.06g (14.51%), Cholesterol: 83.35mg (27.78%), Sodium: 670.75mg (29.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.06g (80.12%), Selenium: 79.72µg (113.89%), Vitamin B3: 13.35mg (66.77%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1.05mg (52.58%), Phosphorus: 506.1mg (50.61%), Vitamin B12: 2.04µg (34.02%), Vitamin A: 1478.63IU (29.57%), Potassium: 974.47mg (27.84%), Manganese: 0.55mg (27.33%), Fiber: 5.67g (22.7%), Vitamin E: 3.09mg (20.58%), Magnesium: 76.19mg (19.05%), Vitamin K: 19.04µg (18.13%), Iron: 3.13mg (17.41%), Vitamin B5: 1.36mg (13.6%), Vitamin C: 10.48mg (12.7%), Vitamin B1: 0.19mg (12.69%), Folate: 42.92µg (10.73%), Copper: 0.21mg (10.6%), Calcium: 94.36mg (9.44%), Vitamin B2: 0.14mg (8.4%), Zinc: 1.22mg (8.14%)