



Hazelnut-Crusted Halibut with Apple Salsa

READY IN



40 min.

SERVINGS



4

CALORIES



734 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon cayenne
- 1 pinch cayenne
- 2 teaspoons dijon mustard
- 0.1 teaspoon mustard dry
- 4 servings fish and salsa
- 0.5 teaspoon thyme leaves fresh chopped for garnish
- 1 teaspoon thyme leaves fresh
- 1.8 cups apple such as fuji chopped
- 4 fillet pacific halibut

- 1 T hazelnut crust
- 3 tablespoons roasted hazelnut oil
- 0.8 cup skinned hazelnuts toasted
- 0.3 teaspoon kosher salt
- 0.5 teaspoon kosher salt
- 2 tablespoons juice of lemon
- 1 tablespoon lemon zest
- 0.3 teaspoon pepper
- 2 tablespoons shallots minced
- 3 tablespoons butter unsalted melted

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 425
- Make crust: Whirl ingredients in a food processor until nuts are finely chopped.
- Brush halibut with butter, pat nut mixture all over fish, and set on a greased baking sheet. Cook just until fish is opaque in center, 10 to 15 minutes.
- Heat oil in a medium frying pan over medium-low heat, add shallots and apple, and cook until slightly softened, about 2 minutes; remove from heat. In a small bowl, whisk together lemon juice and remaining ingredients; stir into apple mixture.
- Serve halibut with apple salsa and sprinkle with a little more thyme.

Nutrition Facts



■ PROTEIN 43.78% ■ FAT 47.93% ■ CARBS 8.29%

Properties

Glycemic Index:86.25, Glycemic Load:2.51, Inflammation Score:-9, Nutrition Score:43.516521827034%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 733.67kcal (36.68%), Fat: 39.07g (60.11%), Saturated Fat: 8.69g (54.3%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 10.98g (3.99%), Sugar: 7.37g (8.19%), Cholesterol: 222.99mg (74.33%), Sodium: 759.22mg (33.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 80.29g (160.58%), Selenium: 188.4µg (269.14%), Vitamin B3: 27.23mg (136.13%), Vitamin D: 19.36µg (129.1%), Vitamin B6: 2.42mg (121.03%), Phosphorus: 1049.46mg (104.95%), Manganese: 1.53mg (76.55%), Vitamin B12: 4.52µg (75.36%), Vitamin E: 11.12mg (74.11%), Potassium: 2035.82mg (58.17%), Magnesium: 139.09mg (34.77%), Copper: 0.52mg (25.84%), Vitamin B1: 0.38mg (25.4%), Folate: 83.36µg (20.84%), Vitamin B5: 1.71mg (17.13%), Fiber: 4.22g (16.89%), Zinc: 2.14mg (14.26%), Vitamin A: 671.75IU (13.43%), Vitamin C: 10.5mg (12.73%), Iron: 2.16mg (12.01%), Vitamin B2: 0.18mg (10.75%), Calcium: 70.95mg (7.09%), Vitamin K: 5.82µg (5.55%)