



Heart Healthy Cookbook Grilled Halibut

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds equal sizes of swordfish
- 2 tablespoons soybean oil
- 2 tablespoons juice of lime
- 0.3 teaspoon salt
- 0.3 teaspoon ground cumin
- 0.1 teaspoon ground pepper red (cayenne)
- 1 clove garlic finely chopped
- 1.5 cups tomatoes chopped

- 1 medium avocado pitted peeled coarsely chopped
- 1 small jalapeno seeded finely chopped
- 0.3 cup cilantro leaves fresh chopped
- 2 teaspoons juice of lime

Equipment

- bowl
- grill

Directions

- If fish steaks are large, cut into 6 serving pieces.
- Mix remaining ingredients except Tomato-Avocado Salsa in shallow glass or plastic dish.
- Add fish; turn to coat with marinade. Cover and refrigerate at least 30 minutes but no longer than 2 hours.
- Meanwhile, in medium bowl, mix all tomato-avocado salsa ingredients together. Set aside until ready to serve.
- Heat coals or gas grill for direct heat.
- Remove fish from marinade; reserve marinade. Cover and grill fish 4 to 5 inches from medium heat 10 to 15 minutes, brushing 2 or 3 times with marinade and turning once, until fish flakes easily with fork. Discard any remaining marinade.
- Serve fish with salsa.

Nutrition Facts

PROTEIN 34.84% **FAT 57.32%** **CARBS 7.84%**

Properties

Glycemic Index:34.83, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:22.62608708506%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg,

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 267.36kcal (13.37%), Fat: 17.12g (26.34%), Saturated Fat: 3.24g (20.24%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 2.44g (0.89%), Sugar: 1.43g (1.59%), Cholesterol: 74.84mg (24.95%), Sodium: 193.7mg (8.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.41g (46.81%), Vitamin D: 15.76µg (105.08%), Selenium: 65.33µg (93.32%), Vitamin B3: 9.66mg (48.31%), Vitamin B6: 0.75mg (37.63%), Vitamin B12: 1.93µg (32.13%), Phosphorus: 318.69mg (31.87%), Vitamin E: 3.69mg (24.58%), Potassium: 746.18mg (21.32%), Vitamin K: 21.01µg (20.01%), Vitamin C: 13.59mg (16.48%), Magnesium: 48.25mg (12.06%), Vitamin A: 587.19IU (11.74%), Fiber: 2.83g (11.33%), Folate: 36.77µg (9.19%), Vitamin B5: 0.92mg (9.18%), Vitamin B1: 0.13mg (8.4%), Zinc: 1.05mg (6.99%), Copper: 0.14mg (6.83%), Vitamin B2: 0.12mg (6.8%), Manganese: 0.12mg (6.05%), Iron: 0.81mg (4.49%), Calcium: 16.88mg (1.69%)