

food
network

 **100%**
HEALTH SCORE

Herb and Garlic Crusted Halibut with Oven Baked Ratatouille

 Dairy Free  Very Healthy

READY IN



110 min.

SERVINGS



4

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups bread crumbs fresh
- ☐ 2 tablespoons chervil chopped
- ☐ 2 tablespoons chives chopped
- ☐ 1 large eggplant sliced
- ☐ 4 servings parsley fresh for garnish
- ☐ 4 cloves garlic chopped
- ☐ 6 cloves garlic finely sliced

- ☐ 24 ounce pacific halibut filets
- ☐ 1 tablespoon lemon zest chopped
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup olive oil
- ☐ 2 tablespoons parsley chopped
- ☐ 5 plum tomatoes cored cut into slices
- ☐ 2 bell peppers red seeded cut into eighths
- ☐ 2 large onions red thinly sliced
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons tarragon chopped
- ☐ 2 bell peppers yellow seeded cut into eighths
- ☐ 2 zucchini sliced
- ☐ 2 teaspoons each fresh finely chopped

Equipment

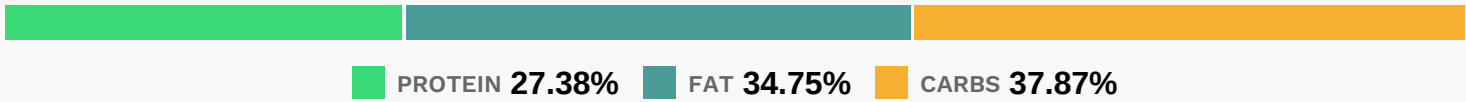
- ☐ frying pan
- ☐ oven

Directions

- ☐ Brush each fillet with olive oil and season with salt and pepper, dredge, skin side down in the herb/bread mixture.
- ☐ Heat 2 tablespoons of the oil in a large saute pan until almost smoking.
- ☐ Add the fillets, crust-side down and saute until lightly golden brown, about 3 to 4 minutes. Reduce heat to medium, turn the fillets over and continue cooking until the fish is just cooked through, about 3 to 4 minutes more.
- ☐ Preheat oven to 350 degrees F. In a medium casserole, make a layer of onions, drizzle with a few tablespoons of olive oil, season with salt and pepper and sprinkle with some of the herbs. Repeat with the remaining vegetables. Cover and bake in the oven for 1 to 1 1/2 hours, pressing down on the vegetables occasionally, until the vegetables are completely tender.

☐ Garnish with fresh parsley.

Nutrition Facts



Properties

Glycemic Index:119, Glycemic Load:5.84, Inflammation Score:-10, Nutrition Score:52.977825828221%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 12.99mg, Apigenin: 12.99mg, Apigenin: 12.99mg, Apigenin: 12.99mg Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 13.28mg, Quercetin: 13.28mg, Quercetin: 13.28mg, Quercetin: 13.28mg

Nutrients (% of daily need)

Calories: 626.36kcal (31.32%), Fat: 24.81g (38.17%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 60.83g (20.28%), Net Carbohydrates: 49.71g (18.08%), Sugar: 16.09g (17.88%), Cholesterol: 83.35mg (27.78%), Sodium: 828.96mg (36.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.98g (87.97%), Vitamin C: 237.82mg (288.26%), Selenium: 90.81µg (129.72%), Vitamin K: 133.25µg (126.91%), Vitamin B6: 1.85mg (92.61%), Vitamin B3: 17.19mg (85.97%), Manganese: 1.62mg (80.78%), Vitamin A: 3877.84IU (77.56%), Phosphorus: 636.54mg (63.65%), Potassium: 2153.66mg (61.53%), Vitamin D: 7.99µg (53.3%), Folate: 205.38µg (51.34%), Vitamin B1: 0.71mg (47.28%), Fiber: 11.12g (44.48%), Vitamin E: 5.68mg (37.87%), Iron: 6.46mg (35.87%), Magnesium: 141.25mg (35.31%), Vitamin B12: 2.01µg (33.55%), Vitamin B2: 0.53mg (31.14%), Copper: 0.5mg (25.18%), Calcium: 246.36mg (24.64%), Vitamin B5: 1.84mg (18.36%), Zinc: 2.71mg (18.07%)