

Lemon- and Wine-Baked Halibut



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds equal sizes of swordfish
- 0.3 teaspoon salt
- 4 sprigs optional: dill
- 4 slices optional: lemon
- 4 peppercorns black
- 0.3 cup wine dry white

Equipment

- oven

baking pan

Directions

Heat oven to 450°.

Place fish in ungreased rectangular baking dish, 11x7x1 1/2 inches.

Sprinkle with salt.

Place dill weed sprig and lemon slice on each. Top with peppercorns.

Pour wine over fish.

Bake uncovered 20 to 25 minutes or until fish flakes easily with fork.

Nutrition Facts

PROTEIN 55.75% **FAT 42.39%** **CARBS 1.86%**

Properties

Glycemic Index:21.88, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:22.316956369773%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 259.61kcal (12.98%), Fat: 11.34g (17.44%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.89g (0.33%), Sugar: 0.32g (0.36%), Cholesterol: 112.26mg (37.42%), Sodium: 284.15mg (12.35%), Alcohol: 1.54g (100%), Alcohol %: 1.02% (100%), Protein: 33.55g (67.09%), Vitamin D: 23.64µg (157.62%), Selenium: 97.68µg (139.55%), Vitamin B3: 13.23mg (66.14%), Vitamin B12: 2.89µg (48.19%), Vitamin B6: 0.94mg (46.87%), Phosphorus: 437.86mg (43.79%), Vitamin E: 3.45mg (22.98%), Potassium: 734.15mg (20.98%), Magnesium: 51.67mg (12.92%), Vitamin B1: 0.13mg (8.76%), Zinc: 1.15mg (7.65%), Vitamin B5: 0.62mg (6.18%), Vitamin B2: 0.09mg (5.56%), Vitamin C: 3.88mg (4.7%), Vitamin A: 221.64IU (4.43%), Iron: 0.75mg (4.18%), Copper: 0.07mg (3.56%), Manganese: 0.05mg (2.7%), Calcium: 12.62mg (1.26%), Folate: 4.64µg (1.16%)