



Lemon-Artichoke Halibut en Papillote



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 9 ounce artichoke hearts frozen thawed
- ☐ 24 ounce pacific halibut filets ()
- ☐ 1 optional: lemon thinly sliced
- ☐ 0.3 cup salsa fresh divided
- ☐ 0.3 teaspoon salt
- ☐ 1 shallots thinly sliced

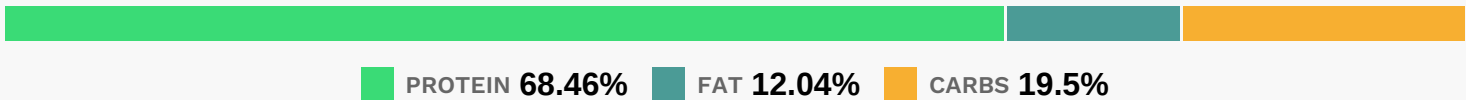
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 40
- ☐ Pat fillets dry with a paper towel; sprinkle evenly with salt and pepper.
- ☐ Cut 4 (15-inch) squares of parchment paper. Fold each square in half; open each. Divide shallot evenly among squares, placing near fold; top each with 1 fillet and 1 tablespoon salsa. Divide artichoke hearts and lemon slices evenly over fillets. Fold paper; seal edges well with narrow folds.
- ☐ Place packets on a baking sheet.
- ☐ Bake at 400 for 15 minutes or until a thermometer registers 140 to 145 when inserted through the paper into the fish.
- ☐ Place 1 packet on each of 4 plates; cut open.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:22.765217361243%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 196.38kcal (9.82%), Fat: 2.66g (4.09%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 5.92g (2.15%), Sugar: 1.79g (1.99%), Cholesterol: 83.35mg (27.78%), Sodium: 398.9mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.02g (68.03%), Selenium: 78.03µg (111.47%), Vitamin B3: 11.84mg (59.22%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1.06mg (52.83%), Phosphorus: 451.89mg (45.19%), Vitamin B12: 1.87µg (31.18%), Potassium: 999.86mg (28.57%), Folate: 106.55µg (26.64%), Vitamin C: 18.5mg (22.42%), Magnesium: 62.47mg (15.62%), Fiber: 3.77g (15.07%), Manganese: 0.23mg (11.74%), Vitamin B1: 0.14mg (9.49%), Vitamin B2: 0.15mg (8.97%), Vitamin E: 1.28mg (8.53%), Vitamin B5: 0.81mg (8.07%), Zinc: 0.89mg (5.95%), Vitamin A: 297.07IU (5.94%), Copper: 0.1mg (5.07%), Iron: 0.91mg (5.05%), Calcium: 38.55mg (3.86%)