



## Lemon-Caper Braised Halibut



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 cups baby spinach
- ☐ 2 tablespoons capers drained and rinsed
- ☐ 1.5 cups cherry tomatoes cut in half
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 10 ounces pacific halibut filets
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 slices bread
- ☐ 1 teaspoon olive oil

☐ 2 servings salt and pepper black

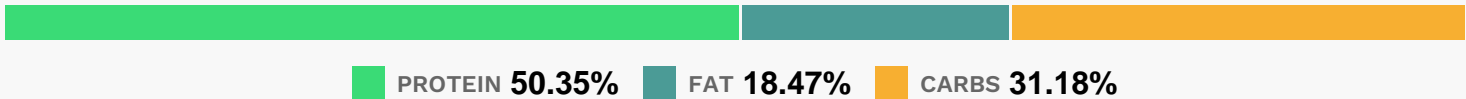
## Equipment

☐ frying pan

## Directions

- ☐ Season the halibut with salt and pepper. Coat a medium nonstick skillet with cooking spray; place over medium-high heat.
- ☐ Add the fish; cook for 5 minutes per side, until cooked through.
- ☐ Transfer to a platter and cover to keep warm.
- ☐ Reduce the heat to low.
- ☐ Add the oil, tomatoes, capers, and lemon juice; cook for 1 minute, stirring. Arrange the spinach on 2 serving plates; top with the fish. Spoon the sauce over the halibut and garnish with the parsley.
- ☐ Serve with the bread.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ The 5-Factor World Diet by Harley Pasternak, M.Sc. and Laura Moser. Copyright © 2010 by Harley Pasternak, M.Sc. and Laura Moser. Published by Ballantine Books. All Right Reserved.Harley Pasternak, M.Sc., has appeared on The Oprah Winfrey Show, The Tyra Banks Show, Access Hollywood, Extra, VH1, E!, and many times on the Today Show. He holds a Masters of Science in exercise physiology and nutritional sciences and an honors degree in kinesiology. He is also certified by the American College of Sports Medicine and the Canadian Society of Exercise Physiology. He lives in Los Angeles, California.

## Nutrition Facts



## Properties

Glycemic Index:91.85, Glycemic Load:7.55, Inflammation Score:-10, Nutrition Score:39.383043869682%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 14.41mg, Kaempferol: 14.41mg, Kaempferol: 14.41mg, Kaempferol: 14.41mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 17.03mg, Quercetin: 17.03mg, Quercetin: 17.03mg, Quercetin: 17.03mg

Nutrients (% of daily need)

Calories: 258.29kcal (12.91%), Fat: 5.37g (8.27%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 20.41g (6.8%), Net Carbohydrates: 16.19g (5.89%), Sugar: 4.71g (5.24%), Cholesterol: 69.46mg (23.15%), Sodium: 699.82mg (30.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.95g (65.89%), Vitamin K: 363.89µg (346.56%), Vitamin A: 6617.37IU (132.35%), Selenium: 73.14µg (104.48%), Vitamin C: 53.81mg (65.22%), Manganese: 1.28mg (64.19%), Vitamin B3: 11.62mg (58.08%), Vitamin B6: 1.05mg (52.74%), Phosphorus: 458.89mg (45.89%), Vitamin D: 6.66µg (44.41%), Folate: 170.62µg (42.65%), Potassium: 1305.89mg (37.31%), Magnesium: 117.16mg (29.29%), Vitamin B12: 1.56µg (25.99%), Vitamin E: 3.27mg (21.8%), Iron: 3.74mg (20.76%), Vitamin B1: 0.28mg (18.39%), Fiber: 4.22g (16.86%), Copper: 0.3mg (14.81%), Vitamin B2: 0.24mg (14.37%), Calcium: 137.01mg (13.7%), Zinc: 1.55mg (10.36%), Vitamin B5: 0.9mg (8.99%)