



Mediterranean Halibut Sandwiches

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers drained
- ☐ 1 loaf ciabatta bread ends trimmed halved lengthwise
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 1 clove garlic peeled halved
- ☐ 12 ounce center-cut halibut fillets 6-ounce

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 lemon zest
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 0.3 cup sun-dried tomatoes chopped

Equipment

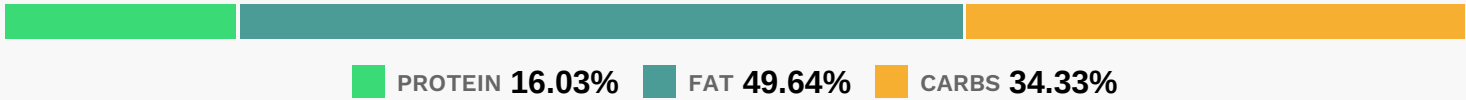
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ grill pan
- ☐ glass baking pan

Directions

- ☐ Place an oven rack in the center of the oven. Preheat the oven to 450 degrees F. Spray a small baking sheet or glass baking dish with vegetable oil cooking spray. Set aside.
- ☐ Season the halibut on both sides with the salt and pepper.
- ☐ Place on the baking sheet and drizzle with oil.
- ☐ Bake until the fish is cooked through and the flesh flakes easily with a fork, 10 to 15 minutes. Set aside to cool completely, about 20 minutes.
- ☐ For the bread: Preheat a grill pan or a large nonstick skillet over medium-high heat.
- ☐ Remove some of the dough from the top half of the bread.
- ☐ Brush the cut-sides of the bread with olive oil. Grill the bread until golden, 1 to 2 minutes, and rub the cooked surface with the cut side of the garlic.
- ☐ For the filling: In a medium bowl, combine the mayonnaise, sun-dried tomatoes, basil, parsley, capers, lemon zest, salt, and pepper.
- ☐ Using a fork, flake the cooked fish and add to the filling.

- ☐ Mix until incorporated.
- ☐ Place the filling on the bottom half of the bread. Top with arugula.
- ☐ Add the top half of the bread and cut into 4 equal-sized sandwiches.

Nutrition Facts



Properties

Glycemic Index:81.5, Glycemic Load:1.13, Inflammation Score:-6, Nutrition Score:18.339130266853%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 6.15mg, Kaempferol: 6.15mg, Kaempferol: 6.15mg, Kaempferol: 6.15mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 671.49kcal (33.57%), Fat: 37.21g (57.24%), Saturated Fat: 5.83g (36.43%), Carbohydrates: 57.9g (19.3%), Net Carbohydrates: 55.3g (20.11%), Sugar: 3g (3.33%), Cholesterol: 49.51mg (16.5%), Sodium: 1085.58mg (47.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.03g (54.05%), Vitamin K: 96.66µg (92.06%), Selenium: 39.77µg (56.82%), Vitamin B3: 6.25mg (31.27%), Vitamin E: 4.25mg (28.33%), Vitamin D: 4.03µg (26.9%), Vitamin B6: 0.51mg (25.73%), Phosphorus: 238.03mg (23.8%), Potassium: 670.05mg (19.14%), Vitamin B12: 0.96µg (15.97%), Vitamin A: 618.37IU (12.37%), Vitamin C: 9.38mg (11.37%), Manganese: 0.22mg (11.04%), Fiber: 2.6g (10.41%), Magnesium: 41.04mg (10.26%), Folate: 30.27µg (7.57%), Copper: 0.15mg (7.5%), Iron: 1.31mg (7.27%), Vitamin B1: 0.09mg (6.01%), Vitamin B5: 0.53mg (5.34%), Vitamin B2: 0.08mg (4.67%), Calcium: 41.54mg (4.15%), Zinc: 0.57mg (3.82%)