



Mediterranean Halibut Sandwiches

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces arugula packed
- ☐ 1 tablespoon capers mashed drained
- ☐ 14 ounce ciabatta bread split ends trimmed
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove halved
- ☐ 12 ounce pacific halibut filets
- ☐ 4 servings pepper black freshly ground

- ☐ 1 large lemon zest grated
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 2 tablespoons olive oil divided
- ☐ 0.3 cup sun-dried olives chopped

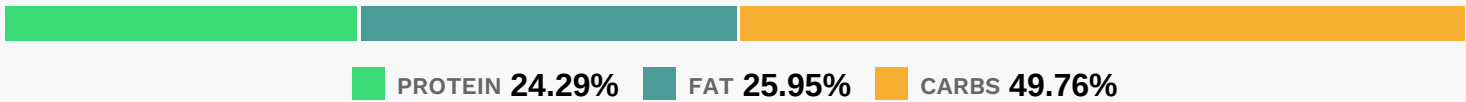
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Spray a small baking dish with cooking spray; add halibut and season with a pinch each salt and pepper; rub with 1 teaspoon oil.
- ☐ Bake 10–15 minutes, until cooked through and the flesh flakes easily with a fork. Cool.
- ☐ Remove some bread from top half of loaf.
- ☐ Brush cut sides with 2 tablespoons olive oil.
- ☐ Bake on a baking sheet 6–8 minutes, until golden. Rub toasted surfaces with garlic.
- ☐ In medium bowl, combine mayonnaise, sun-dried tomatoes, basil, parsley, capers, and lemon zest.
- ☐ Add fish, flaking and mixing with fork. Spoon onto bottom half of bread and top with arugula.
- ☐ Add top of bread and cut into 4 sandwiches.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:16.759565405224%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 7.6mg, Kaempferol: 7.6mg, Kaempferol: 7.6mg, Kaempferol: 7.6mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 424.7kcal (21.23%), Fat: 12.29g (18.9%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 53g (17.67%), Net Carbohydrates: 50.48g (18.36%), Sugar: 3.47g (3.86%), Cholesterol: 43.91mg (14.64%), Sodium: 727.93mg (31.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.87g (51.75%), Vitamin K: 69.83µg (66.51%), Selenium: 39.72µg (56.74%), Vitamin B3: 6.27mg (31.34%), Vitamin D: 4µg (26.65%), Vitamin B6: 0.52mg (25.81%), Phosphorus: 238.35mg (23.83%), Potassium: 685.53mg (19.59%), Vitamin B12: 0.94µg (15.59%), Vitamin A: 714.97IU (14.3%), Vitamin E: 1.95mg (12.97%), Vitamin C: 10.01mg (12.13%), Manganese: 0.23mg (11.5%), Magnesium: 43.04mg (10.76%), Fiber: 2.52g (10.07%), Folate: 33.94µg (8.49%), Copper: 0.15mg (7.59%), Iron: 1.27mg (7.03%), Vitamin B1: 0.09mg (6.09%), Vitamin B5: 0.53mg (5.28%), Calcium: 47.13mg (4.71%), Vitamin B2: 0.08mg (4.67%), Zinc: 0.57mg (3.82%)