



Mexican Halibut Bake

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon garlic infused olive oil
- ☐ 2 pounds pacific halibut filets skinless
- ☐ 6 servings lemon pepper to taste
- ☐ 0.8 cup mayonnaise
- ☐ 0.8 cup salsa
- ☐ 0.8 cup cup heavy whipping cream sour

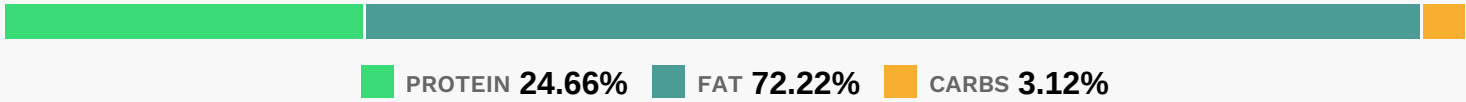
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Pour the butter in the bottom of a baking dish. Arrange the halibut fillets in the dish, and season with lemon pepper.
- ☐ In a bowl, mix the salsa, mayonnaise, sour cream, and garlic oil. Spoon over the halibut fillets.
- ☐ Bake halibut 30 minutes in the preheated oven, or until easily flaked with a fork.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:20.726521678593%

Nutrients (% of daily need)

Calories: 483.03kcal (24.15%), Fat: 38.6g (59.39%), Saturated Fat: 11.81g (73.83%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 3.14g (1.14%), Sugar: 2.38g (2.65%), Cholesterol: 123.14mg (41.05%), Sodium: 563.61mg (24.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.65g (59.3%), Selenium: 71.05µg (101.49%), Vitamin B3: 10.24mg (51.19%), Vitamin D: 7.16µg (47.75%), Vitamin K: 49.67µg (47.3%), Vitamin B6: 0.9mg (45.02%), Phosphorus: 397.38mg (39.74%), Vitamin B12: 1.77µg (29.55%), Potassium: 786.72mg (22.48%), Vitamin E: 2.9mg (19.35%), Vitamin A: 691.53IU (13.83%), Magnesium: 43.17mg (10.79%), Vitamin B5: 0.74mg (7.41%), Vitamin B2: 0.11mg (6.63%), Vitamin B1: 0.1mg (6.41%), Folate: 22.87µg (5.72%), Calcium: 53.7mg (5.37%), Zinc: 0.76mg (5.04%), Manganese: 0.07mg (3.56%), Copper: 0.07mg (3.39%), Iron: 0.48mg (2.68%), Fiber: 0.61g (2.44%), Vitamin C: 0.88mg (1.06%)