



Moroccan Halibut and Carrots

 **Gluten Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



2

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon lemon zest finely grated
- 10 ounce pacific halibut filets 1-inch-thick
- 2 tablespoons mint leaves fresh thinly sliced
- 0.3 teaspoon ground pepper generous ()
- 1 tablespoon juice of lemon fresh
- 2 tablespoons butter divided ()
- 0.3 teaspoon ground cinnamon generous ()
- 4 cup frangelico (cut from 2) peeled large

Equipment

- frying pan

Directions

- Sprinkle both sides of fish with salt and
- freshly ground black pepper, then with half
- of cinnamon and cayenne. Melt 1 tablespoon
- butter in heavy medium skillet over medium-high
- heat.
- Add fish. Sauté until brown and
- just opaque in center, 4 to 5 minutes per
- side.
- Transfer fish to plates.
- Remove skillet
- from heat and wipe out.
- Add remaining 1
- tablespoon butter, carrots, lemon juice, and
- lemon peel.
- Sprinkle with salt, pepper, and
- remaining cinnamon and cayenne. Toss to
- blend. Cover and cook over medium-low heat
- until carrots are just tender, about 5 minutes.
- Mix in mint. Mound carrots on fish and serve.
- minute dinner

Nutrition Facts

 **PROTEIN 45.7%**  **FAT 51.33%**  **CARBS 2.97%**

Properties

Glycemic Index:68.5, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:16.815217339474%

Flavonoids

Eriodictyol: 1.91mg, Eriodictyol: 1.91mg, Eriodictyol: 1.91mg, Eriodictyol: 1.91mg Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 236.29kcal (11.81%), Fat: 13.35g (20.54%), Saturated Fat: 7.63g (47.72%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.03g (0.37%), Sugar: 0.26g (0.29%), Cholesterol: 99.56mg (33.19%), Sodium: 188.18mg (8.18%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 26.75g (53.5%), Selenium: 64.82µg (92.6%), Vitamin B3: 9.35mg (46.77%), Vitamin D: 6.66µg (44.41%), Vitamin B6: 0.79mg (39.75%), Phosphorus: 343.12mg (34.31%), Vitamin B12: 1.58µg (26.38%), Potassium: 663.45mg (18.96%), Vitamin A: 762.82IU (15.26%), Magnesium: 37.97mg (9.49%), Vitamin E: 1.28mg (8.55%), Vitamin C: 5.66mg (6.86%), Folate: 25.01µg (6.25%), Manganese: 0.12mg (6.2%), Vitamin B5: 0.53mg (5.32%), Vitamin B1: 0.08mg (5.25%), Zinc: 0.59mg (3.97%), Vitamin B2: 0.06mg (3.81%), Iron: 0.54mg (2.98%), Calcium: 29.76mg (2.98%), Fiber: 0.7g (2.81%), Copper: 0.05mg (2.64%), Vitamin K: 1.26µg (1.2%)