



## Mustard-Glazed Halibut with Warm Scallions

 Gluten Free  Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons canola oil divided
- 0.3 teaspoon sriracha
- 12 green onions cut into 4-inch pieces
- 24 ounce pacific halibut filets
- 1 tablespoon honey
- 2 teaspoons soya sauce low-sodium
- 0.3 cup mirin sweet (rice wine)
- 0.3 teaspoon salt

2 teaspoons mustard stone-ground

## Equipment

frying pan

sauce pan

## Directions

Combine first 5 ingredients in a small saucepan. Cook over medium-high heat 4 minutes or until sauce thickens, stirring constantly.

Remove from heat; keep warm.

Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.

Add onions; saut 3 minutes or until tender.

Remove from pan; keep warm.

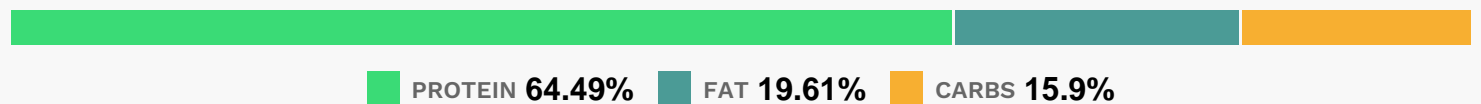
Heat 1 teaspoon oil in pan over medium- high heat.

Sprinkle fish with salt.

Add fish to pan, skin side down. Cook 6 minutes on each side or until lightly browned and fish flakes easily when tested with a fork. Divide onions evenly among 4 plates.

Place fish over onions; drizzle with mustard glaze.

## Nutrition Facts



## Properties

Glycemic Index:41.57, Glycemic Load:2.81, Inflammation Score:-7, Nutrition Score:22.920869765074%

## Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

## Nutrients (% of daily need)

Calories: 223.36kcal (11.17%), Fat: 4.42g (6.8%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 6.98g (2.54%), Sugar: 5.25g (5.83%), Cholesterol: 83.35mg (27.78%), Sodium: 400.13mg (17.4%), Alcohol: 2.41g (100%), Alcohol %: 1.31% (100%), Protein: 32.72g (65.44%), Selenium: 78.9µg (112.71%), Vitamin K:

75.98µg (72.37%), Vitamin B3: 11.31mg (56.56%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.96mg (48.05%), Phosphorus: 422.71mg (42.27%), Vitamin B12: 1.87µg (31.18%), Potassium: 858.34mg (24.52%), Magnesium: 50.26mg (12.56%), Folate: 44.83µg (11.21%), Vitamin E: 1.6mg (10.7%), Vitamin A: 474.66IU (9.49%), Vitamin C: 6.8mg (8.25%), Vitamin B1: 0.11mg (7.37%), Vitamin B5: 0.63mg (6.3%), Zinc: 0.8mg (5.36%), Vitamin B2: 0.09mg (5.26%), Manganese: 0.1mg (5.1%), Iron: 0.92mg (5.09%), Fiber: 1.08g (4.34%), Calcium: 41.31mg (4.13%), Copper: 0.08mg (3.77%)