



72%
HEALTH SCORE

Oven Fried Buttermilk Halibut

 Very Healthy

READY IN



300 min.

SERVINGS



4

CALORIES



1147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter melted
- 2 cups buttermilk
- 3 eggs beaten
- 16 servings pacific halibut filets (3/)
- 8 ounce seasoned rye crackers
- 1.5 teaspoons salt
- 2 tablespoons greek seasoning
- 2 tablespoons water

Equipment

- bowl
- oven
- whisk
- blender
- baking pan
- ziploc bags

Directions

- Set a large resealable plastic bag in a bowl.
- Pour in the buttermilk and salt.
- Add the halibut fillets and close the bag. Refrigerate for at least 4 hours and up to 1 day.
- Preheat the oven to 250 degrees F (120 degrees C).
- Place half of the crackers and half of the Greek seasoning into a blender. Cover and pulse until they become fine crumbs.
- Pour into a shallow bowl, and repeat with remaining crackers and Greek seasoning.
- Whisk eggs with water in a separate bowl.
- Remove halibut from the bag and discard the marinade. Dip fish into the egg and then in the crumbs until evenly coated.
- Place coated fillets into a lightly greased 9x13 inch baking dish. Do not let them touch, as they will weld themselves together.
- Drizzle the butter on top of the fish.
- Bake uncovered in the preheated oven until fish is opaque and flakes easily with a fork, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.92, Inflammation Score:-10, Nutrition Score:60.801304566471%

Nutrients (% of daily need)

Calories: 1147.14kcal (57.36%), Fat: 41.01g (63.1%), Saturated Fat: 20.17g (126.05%), Carbohydrates: 50.16g (16.72%), Net Carbohydrates: 34.2g (12.44%), Sugar: 6.86g (7.63%), Cholesterol: 530.17mg (176.72%), Sodium: 1692.56mg (73.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 143.33g (286.67%), Selenium: 354.19µg (505.98%), Vitamin B3: 47.87mg (239.37%), Vitamin D: 34.18µg (227.87%), Phosphorus: 2148.23mg (214.82%), Manganese: 4.26mg (212.94%), Vitamin B6: 4.13mg (206.53%), Vitamin B12: 8.37µg (139.57%), Potassium: 3679.59mg (105.13%), Magnesium: 333.6mg (83.4%), Fiber: 15.96g (63.82%), Vitamin K: 51.76µg (49.29%), Vitamin E: 7.38mg (49.2%), Vitamin B2: 0.78mg (45.88%), Zinc: 6.73mg (44.88%), Iron: 8.06mg (44.8%), Vitamin B5: 4.24mg (42.44%), Vitamin B1: 0.59mg (39.61%), Calcium: 361.48mg (36.15%), Vitamin A: 1672.89IU (33.46%), Copper: 0.66mg (32.79%), Folate: 129.99µg (32.5%)