



Oven-Poached Fish in Olive Oil



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



300 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup capers rinsed (preferably in salt)
- ☐ 0.3 cup parsley fresh
- ☐ 2.5 lb pacific halibut filets 1-inch-thick ()
- ☐ 2 cups olive oil extra virgin extra-virgin

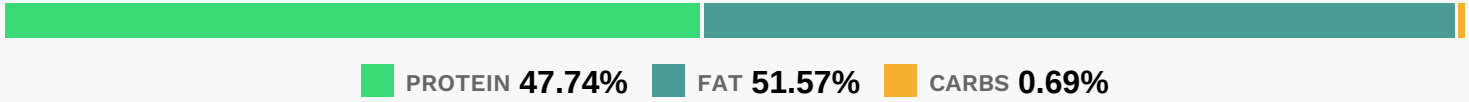
Equipment

- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 250°F.
- ☐ Chop half of capers and pat fish dry.
- ☐ Sprinkle fish with 1 1/2 teaspoons salt and 1/2 teaspoon pepper and let stand 10 minutes at room temperature. Arrange half of lemon slices in 1 layer in an 8-inch square glass baking dish and arrange fish in 1 layer over lemon. Top with all of capers, remaining lemon slices, and 3 tablespoons parsley, then pour oil over fish.
- ☐ Bake in middle of oven, uncovered, until fish just flakes and is cooked through, about 1 to 1 1/4 hours.
- ☐ Serve fish with some of lemon slices, capers, and oil spooned over.
- ☐ Sprinkle with remaining tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.04, Inflammation Score:-7, Nutrition Score:31.219565272331%

Flavonoids

Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 14.42mg, Kaempferol: 14.42mg, Kaempferol: 14.42mg, Kaempferol: 14.42mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 18.88mg, Quercetin: 18.88mg, Quercetin: 18.88mg

Nutrients (% of daily need)

Calories: 452.79kcal (22.64%), Fat: 25.49g (39.22%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 0.77g (0.26%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.08g (0.09%), Cholesterol: 138.91mg (46.3%), Sodium: 498.17mg (21.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.1g (106.2%), Selenium: 129.41µg (184.87%), Vitamin B3: 18.58mg (92.88%), Vitamin D: 13.32µg (88.83%), Vitamin B6: 1.56mg (77.97%), Vitamin K: 77.19µg (73.52%), Phosphorus: 672.32mg (67.23%), Vitamin B12: 3.12µg (51.97%), Potassium: 1258.57mg (35.96%), Vitamin E: 4.96mg (33.09%), Magnesium: 70.69mg (17.67%), Folate: 42.24µg (10.56%), Vitamin A: 520.94IU (10.42%), Vitamin B5: 0.99mg (9.9%), Vitamin B1: 0.15mg (9.8%), Zinc: 1.1mg (7.3%), Vitamin C: 5.46mg (6.62%), Vitamin B2: 0.1mg (6.11%), Copper: 0.11mg (5.58%), Iron: 0.99mg (5.5%), Calcium: 29.61mg (2.96%), Manganese: 0.05mg (2.29%), Fiber: 0.47g (1.89%)