



Oven-Poached Halibut Provençale

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon anchovy paste
- 0.3 cup teaspoons basil dried fresh chopped
- 0.3 cup breadcrumbs dry
- 1 cup cooking wine dry white
- 0.3 cup parsley dried fresh chopped
- 2 garlic cloves minced
- 36 ounce halibut steaks
- 2 tablespoons kalamata olives minced

- 1 tablespoon olive oil
- 1 teaspoon olive oil
- 2 cups onion finely chopped
- 1 tablespoon parmesan cheese grated
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 6 cups tomatoes diced

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350
- Coat a 13 x 9-inch baking dish with cooking spray.
- Pour wine into dish, and arrange halibut steaks in dish.
- Combine tomato and next 9 ingredients (tomato through garlic) in a bowl; stir well, and spoon over steaks.
- Bake at 350 for 35 minutes or until fish flakes easily when tested with a fork.
- Combine breadcrumbs, cheese, and 1 teaspoon oil in a bowl; stir well.
- Sprinkle over tomato mixture, and broil until crumbs are golden.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:2.88, Inflammation Score:-9, Nutrition Score:27.567391333373%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Apigenin: 46.92mg, Apigenin: 46.92mg, Apigenin: 46.92mg, Apigenin: 46.92mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 6.12mg, Isorhamnetin: 6.12mg, Isorhamnetin: 6.12mg, Isorhamnetin: 6.12mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 11.72mg, Quercetin: 11.72mg, Quercetin: 11.72mg, Quercetin: 11.72mg

Nutrients (% of daily need)

Calories: 293.33kcal (14.67%), Fat: 6.61g (10.17%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 12.86g (4.68%), Sugar: 6.95g (7.72%), Cholesterol: 84.5mg (28.17%), Sodium: 433.5mg (18.85%), Alcohol: 4.12g (100%), Alcohol %: 1.22% (100%), Protein: 34.96g (69.92%), Selenium: 79.96µg (114.22%), Vitamin B3: 12.59mg (62.94%), Vitamin B6: 1.17mg (58.34%), Vitamin D: 8.01µg (53.38%), Phosphorus: 480.63mg (48.06%), Potassium: 1249.04mg (35.69%), Vitamin B12: 1.9µg (31.71%), Vitamin C: 26.15mg (31.7%), Vitamin K: 32.76µg (31.2%), Vitamin A: 1447.36IU (28.95%), Manganese: 0.48mg (24.15%), Magnesium: 72.84mg (18.21%), Vitamin E: 2.51mg (16.76%), Folate: 60.9µg (15.22%), Vitamin B1: 0.22mg (14.39%), Fiber: 3.31g (13.24%), Copper: 0.18mg (9.09%), Vitamin B2: 0.15mg (8.79%), Vitamin B5: 0.85mg (8.52%), Iron: 1.45mg (8.07%), Zinc: 1.2mg (7.98%), Calcium: 76.61mg (7.66%)