



## Oven-Roasted Halibut

READY IN



16 min.

SERVINGS



4

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon butter melted
- 1.5 teaspoons chives fresh chopped
- 1 tablespoon parsley fresh chopped
- 24 ounce pacific halibut filets
- 4 servings lemon wedges
- 0.3 teaspoon salt
- 1 ounce bread white

## Equipment

- food processor
- bowl
- baking sheet
- oven
- blender
- aluminum foil

## Directions

- Preheat oven to 42
- Coat fillets with cooking spray; sprinkle with salt and pepper.
- Place fillets on a foil-lined baking sheet.
- Place bread in a blender or food processor; pulse 5 times or until coarse crumbs measure 1/2 cup.
- Combine breadcrumbs, parsley, chives, and 1 1/2 teaspoons butter in a small bowl; toss well. Spoon breadcrumb mixture on top of fillets, pressing down gently.
- Drizzle remaining butter over breadcrumb mixture.
- Bake at 425 for 8 to 10 minutes or until fish flakes easily when tested with a fork.
- Serve with lemon wedges.

## Nutrition Facts

 **PROTEIN 67.24%** **FAT 25.08%** **CARBS 7.68%**

## Properties

Glycemic Index:77.32, Glycemic Load:2.52, Inflammation Score:-5, Nutrition Score:19.103913141334%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.03mg,

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## **Nutrients (% of daily need)**

Calories: 199.94kcal (10%), Fat: 5.37g (8.26%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 3.45g (1.26%), Sugar: 0.42g (0.47%), Cholesterol: 90.87mg (30.29%), Sodium: 317.92mg (13.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.4g (64.79%), Selenium: 79.26µg (113.22%), Vitamin B3: 11.43mg (57.15%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.94mg (47.06%), Phosphorus: 411.33mg (41.13%), Vitamin B12: 1.88µg (31.28%), Potassium: 757.95mg (21.66%), Vitamin K: 17.56µg (16.72%), Magnesium: 41.95mg (10.49%), Vitamin B1: 0.12mg (8.19%), Vitamin E: 1.14mg (7.63%), Folate: 30.42µg (7.6%), Vitamin B5: 0.63mg (6.33%), Vitamin A: 302.63IU (6.05%), Zinc: 0.69mg (4.62%), Vitamin B2: 0.07mg (4.17%), Manganese: 0.07mg (3.62%), Iron: 0.59mg (3.29%), Calcium: 30.05mg (3.01%), Copper: 0.05mg (2.57%), Vitamin C: 2.08mg (2.52%)