



Pacific Halibut with Caramelized Fennel, Black Olives, Orange Zest, and Dill

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 1 teaspoon butter
- 1 large fennel bulb sliced
- 0.5 tablespoon optional: dill fresh chopped
- 24 ounce pacific halibut filets white or any fish
- 1 juice of lemon juiced
- 0.5 cup kalamata olives chopped

- 4 servings olive oil extra-virgin
- 0.1 teaspoon orange zest
- 1 pinch pepper flakes red
- 4 servings salt
- 2 cups sambuca
- 2 cups sambuca

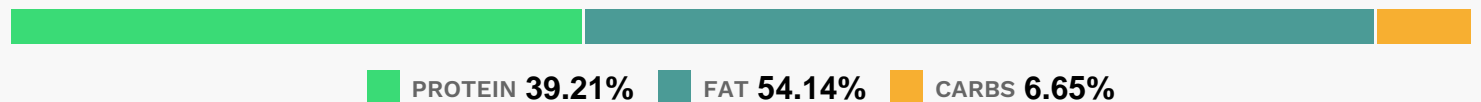
Equipment

- frying pan

Directions

- Pour the liqueur into the pan when the fire is off, as it is very flammable.
- Put the pan over low heat, and let the sambuca ignite. Allow the alcohol to evaporate and cook at medium heat until the liqueur begins to caramelize. At this point it will start to bubble.
- Add the lemon juice, red pepper flakes, salt, to taste, the orange zest, the olives, and dill. Cook for a couple of minutes, and then stir in a teaspoon of butter to give the sauce a little creaminess. Set aside.
- Score the fish fillets, cut them in half and season with salt and pepper, to taste. Coat a saute pan, over medium heat, with extra-virgin olive oil and add the fillets, skin side down. Allow to cook for 3 to 5 minutes.
- Remove from the heat.
- To serve: Put some of the fennel sauce in the center of each serving dish and top with 2 pieces of the fish.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:1.12, Inflammation Score:-5, Nutrition Score:22.997391327568%

Flavonoids

Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 332.17kcal (16.61%), Fat: 20g (30.77%), Saturated Fat: 3.47g (21.7%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2.58g (2.87%), Cholesterol: 86.04mg (28.68%), Sodium: 611.98mg (26.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.59g (65.18%), Selenium: 78.16µg (111.65%), Vitamin B3: 11.5mg (57.5%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.97mg (48.47%), Vitamin K: 45.68µg (43.5%), Phosphorus: 432.53mg (43.25%), Vitamin B12: 1.87µg (31.22%), Potassium: 999.72mg (28.56%), Vitamin E: 4.09mg (27.25%), Magnesium: 51.65mg (12.91%), Vitamin C: 10.05mg (12.18%), Fiber: 2.43g (9.74%), Folate: 38.37µg (9.59%), Vitamin B5: 0.74mg (7.36%), Manganese: 0.15mg (7.28%), Vitamin B1: 0.1mg (6.44%), Vitamin A: 302.44IU (6.05%), Calcium: 51.09mg (5.11%), Copper: 0.1mg (5.05%), Zinc: 0.74mg (4.96%), Iron: 0.89mg (4.92%), Vitamin B2: 0.07mg (4.3%)