

Pan Fried Halibut

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 4 servings ground pepper black
- ☐ 1 pound pacific halibut filets boneless skinless
- ☐ 2 tablespoons herbs de provence dried
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon seafood seasoning old bay® (such as)

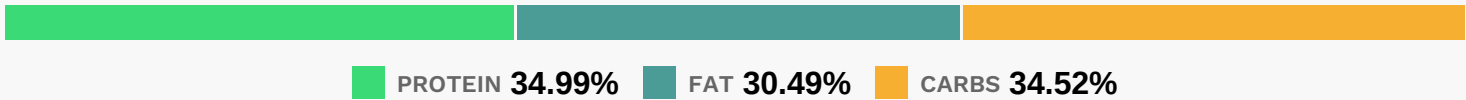
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk egg in a small bowl.
- ☐ Combine flour, herbes de Provence, seafood seasoning, salt, and black pepper in a separate small bowl.
- ☐ Cut halibut into 4 equal pieces.
- ☐ Heat olive oil in a large frying pan over medium-low heat.
- ☐ Dip each piece of halibut in whisked egg.
- ☐ Dredge all sides of each piece in flour mixture to evenly coat; tap off excess flour.
- ☐ Place coated pieces immediately in the hot olive oil.
- ☐ Cook the halibut until lightly browned, about 5 minutes; turn and cook until fish is opaque and flakes easily with a fork, another 2 minutes.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:17.26, Inflammation Score:-5, Nutrition Score:21.163912824962%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 301.86kcal (15.09%), Fat: 10.05g (15.46%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 23.93g (8.7%), Sugar: 0.18g (0.19%), Cholesterol: 96.49mg (32.16%), Sodium: 676.12mg (29.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.95g (51.89%), Selenium: 65.81µg (94.02%), Vitamin B3: 9.35mg (46.75%), Vitamin K: 42.82µg (40.78%), Vitamin D: 5.55µg (37%), Vitamin B6: 0.67mg (33.59%),

Phosphorus: 328.18mg (32.82%), Iron: 4.53mg (25.15%), Vitamin B12: 1.35µg (22.42%), Manganese: 0.43mg (21.73%), Vitamin B1: 0.32mg (21.21%), Folate: 82.15µg (20.54%), Potassium: 563.12mg (16.09%), Vitamin B2: 0.25mg (14.58%), Vitamin E: 1.99mg (13.27%), Magnesium: 39.98mg (10%), Vitamin B5: 0.7mg (6.96%), Fiber: 1.67g (6.66%), Calcium: 62.44mg (6.24%), Zinc: 0.91mg (6.07%), Copper: 0.1mg (5.11%), Vitamin A: 225.08IU (4.5%), Vitamin C: 1.06mg (1.28%)