



Pan-Fried Halibut with Cornichon Sauce



Dairy Free



Very Healthy

READY IN



11 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons thyme leaves dried
- ☐ 0.5 cup flour all-purpose
- ☐ 24 ounce pacific halibut filets skinless (1/)
- ☐ 4 servings cornichon sauce
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 teaspoon salt

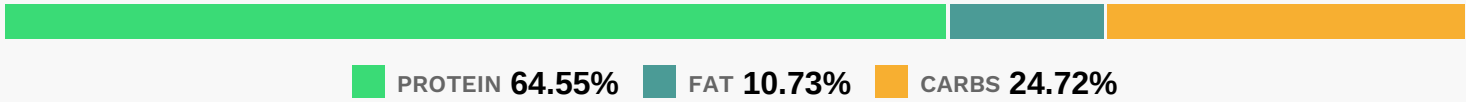
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Rinse fillets; pat dry, and sprinkle with salt.
- ☐ Combine flour and next 3 ingredients in a shallow bowl. Dredge fillets in flour mixture, shaking off excess flour.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add fillets; cook 3 minutes on each side or until fillets are golden brown.
- ☐ Serve with Cornichon Sauce.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:8.66, Inflammation Score:-7, Nutrition Score:20.008695669796%

Nutrients (% of daily need)

Calories: 215.13kcal (10.76%), Fat: 2.46g (3.79%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 12.04g (4.38%), Sugar: 0.3g (0.34%), Cholesterol: 83.35mg (27.78%), Sodium: 273.68mg (11.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.34g (66.68%), Selenium: 82.9µg (118.43%), Vitamin B3: 12.03mg (60.13%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.94mg (47.17%), Phosphorus: 419.76mg (41.98%), Vitamin B12: 1.87µg (31.18%), Potassium: 764.86mg (21.85%), Vitamin B1: 0.21mg (14.06%), Folate: 50.48µg (12.62%), Magnesium: 44.17mg (11.04%), Manganese: 0.2mg (9.84%), Iron: 1.64mg (9.14%), Vitamin K: 9.03µg (8.6%), Vitamin B2: 0.13mg (7.71%), Vitamin E: 1.09mg (7.25%), Vitamin B5: 0.66mg (6.57%), Zinc: 0.76mg (5.05%), Copper: 0.07mg (3.49%), Fiber: 0.72g (2.89%), Vitamin A: 134.58IU (2.69%), Calcium: 25.57mg (2.56%), Vitamin C: 0.89mg (1.08%)